Condiments & Spices

- ◯ Chili-infused olive oil 1 unit
- ◯ Garlic powder 1/4tsp
- ◯ Harissa sauce 2tbsp
- ◯ Honey 1tbsp
- ◯ Olive oil 3tbsp
- ◯ Pepper to taste
- ◯ Salt to taste
- ◯ Smoked paprika 1/4tsp
- ◯ Tahini 2tbsp

Rice, Cereal & Legumes

- ◯ Chickpeas 1 can

Dairy

- ◯ Feta cheese 3oz
- ◯ Greek yogurt 1/2 cup

Vegetables

- ◯ Carrots 6 units
- ◯ Parsley 1 tbsp