

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