

Canned Goods

- ☐ Chicken broth 4 cups

Meat

- ☐ Chicken breasts 4 units

Dairy

- ☐ Half and Half 2 cups

Vegetables

- ☐ Celery 1 stalk
- ☐ Fresh spinach 1 cup
- ☐ Shredded carrots 0.5 cup
- ☐ White onion 0.5 unit