

Canned Goods

- ☐ Chicken Broth or Water 650g
- ☐ Full-Fat Coconut Milk or Heavy Cream 180g
- ☐ Sun-Dried Tomatoes 180g

Dairy

- ☐ Parmesan Cheese 75g

Rice, Cereal & Legumes

- ☐ Orzo 200g

Condiments & Spices

- ☐ Ground Black Pepper 2g
- ☐ Italian seasoning 4g
- ☐ Kosher Salt 3g
- ☐ Olive Oil 30g
- ☐ Paprika 4g

Meat

- ☐ Chicken breast 680g

Vegetables

- ☐ Fresh Spinach 2 handfuls
- ☐ Garlic 5 cloves