## 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