

Bakery

- ☐ Sourdough sandwich bread 12 slices

Snacks

- ☐ Almonds $\frac{1}{2}$ cup

Fruits

- ☐ Fresh lemon juice 2 tablespoons
- ☐ Seedless red grapes $\frac{1}{2}$ cup

Vegetables

- ☐ Celery cup
- ☐ Tomatoes 2 small