

Canned Goods

- ☐ Canned crushed tomatoes 28oz
- ☐ Tomato paste 3tbsp

Vegetables

- ☐ Garlic 1tbsp

Condiments & Spices

- ☐ Dried Basil 1.5tsp
- ☐ Dried Oregano 1.5tsp
- ☐ Dried Parsley 1tsp
- ☐ Garlic Powder 0.5tsp
- ☐ Olive or Avocado Oil 1tbsp
- ☐ Onion Powder 1tsp
- ☐ Pepper 0.5tsp
- ☐ Salt 1tsp