

Canned Goods

- ☐ Coconut milk 13oz (368g)
- ☐ Vegetable broth 6 cups (1.4l)

Rice, Cereal & Legumes

- ☐ Wild rice 1 cup (210g)

Vegetables

- ☐ Button mushrooms 8oz (236g)
- ☐ Carrots 3 units
- ☐ Celery 4 stalks
- ☐ Yellow onion 1 medium

Fruits

- ☐ Dates 250g

Snacks

- ☐ Almonds 75g ($\frac{1}{2}$ cup)
- ☐ Dried cranberries 40g ($\frac{1}{4}$ cup)
- ☐ Pumpkin seeds 50g ($\frac{1}{2}$ cup)
- ☐ Walnuts 50g ($\frac{1}{2}$ cup)