

Baking

- ☐ Bob's Red Mill Chocolate Protein Powder 2 tbsp

Fruits

- ☐ Banana 2 medium

Dairy

- ☐ Almond milk 1 cup

Rice, Cereal & Legumes

- ☐ Chia Seeds 2 tbsp
- ☐ Rolled Oats 1.5 cup