

### **Canned Goods**

- ☐ Tomato paste 2 tbsp

### **Fruits**

- ☐ Lemon 2 units

### **Vegetables**

- ☐ Cherry tomatoes 2 pints
- ☐ Fresh parsley 0.75 cup
- ☐ Garlic cloves 4
- ☐ Mini cucumbers 3
- ☐ Red onions 4 small

### **Dairy**

- ☐ Greek yogurt (full-fat) 1 cup + 4 tbsp

### **Meat**

- ☐ Chicken thighs 4 lb