

Canned Goods

- ☐ Chicken broth 2 cups

Dairy

- ☐ Heavy/Whipping Cream 1 cup

Fruits

- ☐ Avocado 200g

Vegetables

- ☐ Baby spinach 210g
- ☐ Onion 75g
- ☐ Red beet 250g

Condiments & Spices

- ☐ Italian seasoning 1/4 tsp

Frozen Foods

- ☐ Frozen pineapple 375g

Meat

- ☐ Cooked Shredded Chicken 300g