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