

Baking

- Oat flour 2 cups (220g)

Dairy

- Cottage cheese 1 container
- Egg 2 units
- Greek yogurt 0.75 cup
- Plain full-fat Greek yogurt 1 container

Rice, Cereal & Legumes

- Oats cup

Vegetables

- Bell peppers 2 units (275g)
- Cherry tomatoes 1 pint
- Scallions 3 units

Condiments & Spices

- Soy sauce 3tbsp

Seafood

- Salmon 1lb

Snacks

- Dark chocolate 0.7oz
- Peanut butter 1.5tbsp