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