

Canned Goods

- Diced tomatoes 1 can (14.5 oz)

Dairy

- Parmesan cheese cup

Rice, Cereal & Legumes

- Orzo 8oz

Condiments & Spices

- Worcestershire sauce 1 tbsp

Meat

- Chicken breasts 1.5lb
- Ground beef 1lb
- Smoked turkey sausage 8oz

Vegetables

- Asparagus 2 cups
- Green bell pepper 1 cup
- Minced garlic 1tbsp (3 cloves)
- Mushrooms 1lb
- Spinach 2 cups
- Zucchini 2 cups