

Rice, Cereal & Legumes

- ☐ Green lentils 1 cup
- ☐ Stir fry noodles 14-15 oz

Frozen Foods

- ☐ Tortellini 9oz

Baking

- ☐ All-purpose flour ½ cup (64g)

Meat

- ☐ Chicken breast 3.5lb
- ☐ Chicken thighs 8 units
- ☐ Italian sausage 1lb
- ☐ Pork tenderloin 1lb

Fruits

- ☐ Avocado 1 unit
- ☐ Blueberries 1 cup (154g)
- ☐ Lemon 1 unit
- ☐ Lime 1 unit
- ☐ Lime juice 1tbsp
- ☐ Orange juice 3tbsp

Vegetables

- ☐ Baby spinach 5 cups
- ☐ Carrots 2.5 cups
- ☐ Cherry tomatoes 1 cup
- ☐ English cucumber 1 large
- ☐ Fresh cilantro 0.25 cup
- ☐ Fresh mint 0.5 cup
- ☐ Fresh parsley 1 cup
- ☐ Garlic 6 cloves
- ☐ Ginger 1 tsp
- ☐ Grape tomatoes 2 cups
- ☐ Red bell pepper 1 large
- ☐ Red onion 1 small
- ☐ Shallot 0.25 cup
- ☐ Sweet onion 0.5 medium
- ☐ Whole tomatoes (canned) 28 oz
- ☐ Yellow onion 1.5 medium

Canned Goods

- ☐ Chicken broth 3/4 cup
- ☐ Chickpeas 30oz (2 cans)
- ☐ Coconut cream 5.4oz can
- ☐ Coconut milk 1 can
- ☐ Petite diced tomatoes 14.5oz can
- ☐ Vegetable broth 5 cups

Condiments & Spices

- ☐ Dijon mustard 1tsp
- ☐ Pure maple syrup 2tsp
- ☐ Red Thai curry paste 3tbsp
- ☐ Soy sauce 2tbsp

Dairy

- ☐ Eggs 4 large
- ☐ Heavy cream 2 cups
- ☐ Milk 2 cups
- ☐ Parmesan cheese 1.5 cups