## 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