Bakery
- ◯ White corn tortillas 48 units

Vegetables
- ◯ Baby cucumbers 3 units
- ◯ Baby potatoes 24 units
- ◯ Basil leaves 1 cup
- ◯ Bean sprouts 3.5 oz
- ◯ Carrots 2 units
- ◯ Chives 0.25 cup
- ◯ Fresh spinach 1 cup
- ◯ Frozen spinach or kale 1 cup
- ◯ Garlic 8 cloves
- ◯ Green cabbage 1 unit
- ◯ Green onions/scallions 2 units
- ◯ Onion 3 units
- ◯ Red onion 1 unit
- ◯ Roma tomatoes 2 units
- ◯ Shallot 1 unit
- ◯ Snow peas 10 units
- ◯ Tokyo negi (naga negi) 1 unit
- ◯ Zucchini 2 units

Baking
- ◯ Nutritional yeast 2/3 cup

Meat
- ◯ Beef 1.5lb
- ◯ Chicken Thighs 4 units (2lb)
- ◯ Italian Sausage 1lb

Fruits
- ◯ Apple 2 units
- ◯ Blueberries 6oz (168g)
- ◯ Lemons 2 units
- ◯ Lime 1 unit
- ◯ Orange segments 1-2 cups
- ◯ Raspberries 1 pack
- ◯ Strawberries 1.5lb (618g)

Seafood
- ◯ Enoki mushrooms 1 package (1.8oz, 50g)

Rice, Cereal & Legumes
- ◯ Chia seeds 2tbsp
- ◯ Granola 1 cup
- ◯ Parsley 1tbsp
- ◯ Whole rolled oats 1 cup

Canned Goods
- ◯ Banana 1 unit

Condiments & Spices
- ◯ Cilantro 1 bunch
- ◯ Ginger 1 knob
- ◯ Italian seasoning 1/4tsp
- ◯ Olive oil 1/4 cup
- ◯ Pepper to taste
- ◯ Rice vinegar 2tbsp
- ◯ Salt 1.25tsp

Dairy
- ◯ Almond Milk 1l
- ◯ Almond Milk 1.25 cups
- ◯ Sour Cream 0.75 cup (250g)
- ◯ Vanilla/Plain Greek Yogurt 4 cups (1120g)

Snacks
- ◯ Almond butter 1 tbsp
- ◯ Chocolate chips 1 packet
- ◯ Nuts (cashews, walnuts, peanuts) 3.25 cups