

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