Baking

- ◯ Guar gum (or xanthan gum) 1/4 tsp
- ◯ Oat Fiber 0.5 cup

Dairy

- ◯ Butter 0.5 cup (1 stick)
- ◯ Egg 3 units

Snacks

- ◯ Walnuts 0.5 cup

Condiments & Spices

- ◯ Black pepper ½ tsp
- ◯ Red wine vinegar ¼ cup
- ◯ THM Gentle Sweet 0.75 cup

Fruits

- ◯ Cranberries 2 cups
- ◯ Granny Smith apple 1 unit

Vegetables

- ◯ Baby arugula 2c (about 2oz)
- ◯ Flat-leaf parsley 1c, chopped
- ◯ Garlic 1 clove
- ◯ Green onions 6 units
- ◯ Purple cabbage ½ head (about 4c)