

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 1/2 tsp
- ☐ Red wine vinegar 1/4 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 1/2 head (about 4c)