

Beverages

- ☐ Coconut water 1 bottle

Fruits

- ☐ Banana 1 bunch
- ☐ Lemons 2 units
- ☐ Pomegranate arils 1/2 cup

Miscellaneous

- ☐ Mint 3/4 cup

Snacks

- ☐ Almonds 1/4 cup
- ☐ Pistachios 1 cup

Dairy

- ☐ Eggs 6 units
- ☐ Feta 3/4 cup
- ☐ Halloumi 200g

Meat

- ☐ Chicken thighs 1 pack
- ☐ Steak 1 unit

Rice, Cereal & Legumes

- ☐ Chickpeas 1 can

Vegetables

- ☐ Baby cucumbers 5 units
- ☐ Cherry tomatoes 200g
- ☐ Parsley 1 bunch
- ☐ Red onion 1/2 cup
- ☐ Spinach 1 bunch
- ☐ Sweet potato 1 unit