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