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## ITEMS

### Frozen Foods:

- Frozen corn

### Condiments / Dressings:

- Salsa
- 3 tablespoons vinegar
- 3 tablespoons soy sauce

### Spices:

- 2 teaspoons smoked paprika
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Sesame seeds

### Meats / Seafood:

- 2 large chicken breasts
- Grilled chicken

### Canned / Packaged Goods:

- 3/4 cup walnut halves
- 2 tablespoons tahini
- 2 cans black beans

### Grains / Rice:

- 12 ounces dry macaroni noodles
- Leftover cooked rice

### Produce:

- broccoli florets + 1 pound broccoli chopped
- Pre-baked potatoes
- Chopped green onions
- 2 large bell peppers
- 1 large onion
- 1 lime
- 2 cloves garlic
- Grated carrots

### Dairy / Eggs:

- 1 1/2 cups milk
- 2 eggs
- 200 grams cheddar cheese
- 1/4 cup butter
- Shredded cheddar cheese
- Sour cream

### Baking Needs:

- 1/4 cup cornstarch
- 1/4 cup sesame oil
- 1/3 cup nutritional yeast
- 2/3 cup canola oil