

MS Tier 1 Items + All Spices

2



2 Servings

What we send

- 1 oz salted almonds ¹⁵
- 1 oz sliced almonds ¹⁵
- 3 oz arugula
- 5 oz arugula
- ¼ oz fresh basil
- ½ oz fresh basil
- 15 oz can black beans
- 15 oz can chickpeas
- 10 oz pkg grass-fed ground beef
- ½ lb pkg shaved steak ^{6,17}
- 1 bell pepper
- 1 green bell pepper
- 2 potato buns ¹
- 2 Mediterranean pitas ^{1,6,11}
- 4 Mediterranean pitas ^{1,6,11}
- 1 baguette ¹
- 1 ciabatta roll ¹
- 1 mini French roll ¹
- 1 oz panko ¹
- 2 oz panko ¹
- ½ lb broccoli
- 1 pkt beef broth concentrate
- 1 pkt chicken broth concentrate
- 1 pkt seafood broth concentrate ^{2,4}
- 1 pkt turkey broth concentrate
- 1 pkt vegetable broth concentrate
- 1.15 oz peanut butter ⁵
- 1 oz capers ¹⁷
- 1 carrot
- 1 lb carrots
- 2 carrots
- 2 oz salted cashews ¹⁵
- 1 head cauliflower
- 2 oz celery
- 5 oz celery
- 2 oz shredded cheddar-jack blend ⁷

1.

4.

2.

5.

3.

6.