

MS Tier 1 Items + 100 Items

3



2 Servings

What we send

- 1 oz salted almonds ¹
- 1 oz sliced almonds ¹
- 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 ²
- 1 bell pepper
- 1 green bell pepper
- 2 potato buns ³
- 2 Mediterranean pitas ^{4,2,3}
- 4 Mediterranean pitas ^{4,2,3}
- 1 baguette ³
- 1 ciabatta roll ³
- 1 mini French roll ³
- 1 oz panko ³
- 2 oz panko ³
- ½ lb broccoli
- 1 pkt beef broth concentrate
- 1 pkt chicken broth concentrate
- 1 pkt seafood broth concentrate ^{5,6}
- 1 pkt turkey broth concentrate
- 1 pkt vegetable broth concentrate
- 1.15 oz peanut butter ⁷
- 1 oz capers
- 1 carrot
- 1 lb carrots
- 2 carrots
- 2 oz salted cashews ¹
- 1 head cauliflower
- 2 oz celery
- 5 oz celery
- 2 oz shredded cheddar-jack blend ⁸

1.

4.

2.

5.

3.

6.