

## MS Tier 1 Items + 200 Items

# 4



2 Servings

### What we send

- 1 oz salted almonds <sup>15</sup>
- 1 oz sliced almonds <sup>15</sup>
- 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 <sup>6,17</sup>
- 1 bell pepper
- 1 green bell pepper
- 2 potato buns <sup>1</sup>
- 2 Mediterranean pitas <sup>1,6,11</sup>
- 4 Mediterranean pitas <sup>1,6,11</sup>
- 1 baguette <sup>1</sup>
- 1 ciabatta roll <sup>1</sup>
- 1 mini French roll <sup>1</sup>
- 1 oz panko <sup>1</sup>
- 2 oz panko <sup>1</sup>
- ½ lb broccoli
- 1 pkt beef broth concentrate
- 1 pkt chicken broth concentrate
- 1 pkt seafood broth concentrate <sup>2,4</sup>
- 1 pkt turkey broth concentrate
- 1 pkt vegetable broth concentrate
- 1.15 oz peanut butter <sup>5</sup>
- 1 oz capers <sup>17</sup>
- 1 carrot
- 1 lb carrots
- 2 carrots
- 2 oz salted cashews <sup>15</sup>
- 1 head cauliflower
- 2 oz celery
- 5 oz celery
- 2 oz shredded cheddar-jack blend <sup>7</sup>

1.

4.

2.

5.

3.

6.