

## Day 5

13 items

### Seeds, Nuts & Spices

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- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper

### Frozen

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- 3 cups Frozen Edamame

### Vegetables

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- 1/8 Carrot
- 1/2 head Cauliflower
- 1/4 cup Daikon

### Baking

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- 2 tsp Coconut Sugar
- 1/2 cup Dried Unsweetened Cranberries

### Bread, Fish, Meat & Cheese

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- 1/2 cup Feta Cheese

### Condiments & Oils

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- 1 1/3 tbsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1 tbsp Extra Virgin Olive Oil

### Other

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- 2 2/3 tbsps Water