

RECIPE: SPINACH PANCAKES

CHEESE

Mozzarella cheese, 4 oz.

CONDIMENTS & OIL

Olive oil

DAIRY

Egg white, 12

SNACKS

Salsa, 4.62 oz.

SPICES & SEASONINGS

Salt

Pepper

VEGETABLES

Onion, 1

Spinach, 32 oz.

Fresh parsley, 1 bunch

MISCELLANEOUS

Greek yogurt, 0.5 cup