

Bakery

- ☐ Gluten-free breadcrumbs 1/2 cup

Vegetables

- ☐ Carrots 4 medium
- ☐ Celery 4 stalks
- ☐ Garlic 4 cloves
- ☐ Onions 9 units

Baking

- ☐ Cornstarch 1tbsp
- ☐ Flour or Potato Starch 2tbsp
- ☐ Gelatin 3tbsp
- ☐ Light Brown Sugar 1/4 cup
- ☐ Natural Food Coloring 1 bottle
- ☐ Powdered Sweetener 1tbsp

Meat

- ☐ Brisket 1 cut

Fruits

- ☐ Lemon 2 units

Rice, Cereal & Legumes

- ☐ Farfalle pasta 3 cups

Canned Goods

- ☐ Beef broth 1.5 cups
- ☐ Crushed tomatoes 1 cup
- ☐ Sun dried tomatoes 0.5 cup
- ☐ Tomato paste 2 tbsp

Condiments & Spices

- ☐ Citric acid 1.25tsp
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- ☐ Honey or Maple Syrup 2-3 tbsp
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Dairy

- ☐ Coconut milk 1/2 cup

Beverages

- ☐ Fruit juice 1 cup
- ☐ Red wine 1.5 cups