

Baking

- ☐ Coconut or Brown Sugar 1 tsp

Canned Goods

- ☐ Coconut milk 1 can (13.5oz)
- ☐ Crushed tomatoes 1.5 cans (15.5oz)

Rice, Cereal & Legumes

- ☐ Red split lentils 1.5 cups

Beverages

- ☐ Water 1l

Condiments & Spices

- ☐ Cinnamon 1tsp
- ☐ Cumin 1tsp
- ☐ Curry powder 2tbsp
- ☐ Salt 2tsp
- ☐ Sesame seeds 2tsp
- ☐ Sweet paprika 1tsp
- ☐ Turmeric 2tsp
- ☐ Yellow mustard seeds 1tsp

Vegetables

- ☐ Garlic 3 cloves