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