

Baking

- ☐ Seasoned breadcrumbs 1 cup

Dairy

- ☐ Heavy cream 1-2 cups
- ☐ Milk 1.5 cups
- ☐ Parmesan cheese 1 cup grated
- ☐ Plain yogurt 1.25 cups
- ☐ Sour cream or Greek yogurt 0.25 cup

Meat

- ☐ Chicken breast 4 units

Snacks

- ☐ Assorted toppings (nuts, seeds, fresh fruit, granola, coconut) as needed

Condiments & Spices

- ☐ Cinnamon stick 2 units
- ☐ Coriander powder 4 tsp
- ☐ Cumin seeds 1 tsp
- ☐ Dill pickle juice 1.25 cups
- ☐ Fresh dill 1 tbsp
- ☐ Garam Masala Powder 2 tsp
- ☐ Mayonnaise 0.5 cup
- ☐ Smoked paprika 2 tsp

Fruits

- ☐ Acai puree (frozen) 14 oz
- ☐ Banana (frozen) 2 units
- ☐ Blueberries (frozen) 1 cup
- ☐ Strawberries (frozen) 1 cup

Miscellaneous

- ☐ Super firm tofu 16 oz

Vegetables

- ☐ Cilantro 4tbsp
- ☐ Parsley $\frac{1}{4}$ cup
- ☐ Red onion 4 medium
- ☐ Tomatoes 8 medium