Rice, Cereal & Legumes
- ◯ Chickpeas 1 can
- ◯ Turmeric Rice 1 cup
- ◯ White beans 1 can

Canned Goods
- ◯ Coconut milk 1 can + 200ml

Condiments & Spices
- ◯ Avocado Oil 2tbsp
- ◯ Balsamic Vinegar 2tbsp
- ◯ Black Pepper to taste
- ◯ Buttermilk Ranch 1 unit
- ◯ Dijon Mustard 1.5tsp
- ◯ Herbs de Provence 1/2tsp
- ◯ Honey 1tbsp
- ◯ Neutral Oil 1 unit
- ◯ Olive Oil 1/4cup
- ◯ Salt to taste
- ◯ Sea Salt 2 big pinches
- ◯ Tzatziki 1 unit

Dairy
- ◯ Butter 4tbsp
- ◯ Cheese 1 3/4 cups
- ◯ Condensed milk 1 can
- ◯ Egg 5 units
- ◯ Milk 2 cups

Beverages
- ◯ Coconut water 2 cups
- ◯ Lemon 1 unit
- ◯ Matcha 1 unit

Vegetables
- ◯ Cabbage 2 cups
- ◯ Cherry Tomatoes 1 pint
- ◯ Chives 1 bunch
- ◯ Cilantro 1 bunch
- ◯ Corn 2 units
- ◯ Cucumbers 1/2 cup
- ◯ Garlic 1 clove
- ◯ Grated Cassava 1kg
- ◯ Red Onion 1/2 unit
- ◯ Romaine Lettuce 1 head
- ◯ Yukon Gold Potatoes 8-10 wedges

Baking
- ◯ All-Purpose Flour 1/2 cup
- ◯ Gelatine 2 packets
- ◯ Panko Breadcrumbs 1 cup
- ◯ Sugar 2 cups
- ◯ Vanilla extract 1 tbsp

Meat
- ◯ Chicken Breasts 2 units
- ◯ Flank or Bavette Steak 1-1.5lb
- ◯ Spiced Feta Meatballs 5-6 units

Fruits
- ◯ Grated Coconut 100g
- ◯ Mango 1
- ◯ Peaches 3 units

Snacks
- ◯ Chocolate 1 bar
- ◯ Hummus 1 tub