

Baking

- ☐ All purpose flour 2 cups
- ☐ Instant dry yeast 1 teaspoon
- ☐ Sugar 1 tablespoon

Canned Goods

- ☐ Pickled red onions $\frac{1}{4}$ cup

Dairy

- ☐ Eggs as needed
- ☐ Goat feta cup
- ☐ Plain yogurt 3tbsp
- ☐ Salted butter 2tbsp

Miscellaneous

- ☐ Water $\frac{3}{4}$ cup

Bakery

- ☐ Ciabatta buns or sourdough 2

Condiments & Spices

- ☐ Anise seeds $\frac{1}{2}$ tsp
- ☐ Cumin seeds 1 tsp
- ☐ Fine sea salt 1 tsp
- ☐ Fresh lemon juice 1 tsp
- ☐ Garam masala $\frac{1}{2}$ tsp
- ☐ Ground turmeric $\frac{1}{2}$ tsp
- ☐ Mayonnaise cup
- ☐ Neutral oil (grapeseed) 3 tbsp
- ☐ Olive oil 3 tbsp
- ☐ Sriracha 1 tsp
- ☐ Toasted sesame seeds 1 tbsp

Fruits

- ☐ Fresh lemon juice or Amchur powder
1 tbsp or 2 tsp
- ☐ Medjool dates $\frac{1}{2}$ cup

Vegetables

- ☐ Broccoli 1 head
- ☐ Cauliflower florets 280g
- ☐ Fresh cilantro 2 tbsp
- ☐ Fresh ginger 2 tbsp
- ☐ Fresh Italian parsley 1 tbsp
- ☐ Fresh mint leaves 1 cup
- ☐ Garlic 2.5 tbsp
- ☐ Green chilli 1 unit
- ☐ Russet potatoes 640g
- ☐ Tomatoes 280g
- ☐ White or yellow onion 300g