

Beverages

- ☐ Lemon 1 unit

Condiments & Spices

- ☐ Cinnamon 0.5tsp
- ☐ Coriander 1.5tsp
- ☐ Cumin 1.5tsp
- ☐ Curry Powder 1tsp
- ☐ Nutmeg 1/8tsp
- ☐ Smoked Paprika 0.5tsp
- ☐ Turmeric 0.5tsp

Vegetables

- ☐ Baby Spinach 2.5 cups
- ☐ Carrots 1 cup
- ☐ Celery 1 cup
- ☐ Garlic 6 cloves
- ☐ Onions 1 cup
- ☐ Red Bell Pepper 1 unit
- ☐ Sweet Potatoes 1lb

Canned Goods

- ☐ Low sodium broth 7 cups

Rice, Cereal & Legumes

- ☐ Lentils 1.5 cups