

Bakery

- ☐ Sourdough bread 2 slices

Vegetables

- ☐ Chilli flakes 1 package
- ☐ Cilantro ½ bunch
- ☐ Corn kernels 1 cup
- ☐ Garlic cloves 6 cloves
- ☐ Ginger 2 tsp grated
- ☐ Green beans 150g
- ☐ Green spring onions 3 stalks
- ☐ Lemon 2-3 wedges
- ☐ Micro herbs 1 package
- ☐ Onion 1 small
- ☐ Shallot 3 large
- ☐ Shiitake mushrooms 200g
- ☐ Sweet potatoes 2 medium
- ☐ Toasted sesame seeds 1 package
- ☐ Tomato 1 large
- ☐ Tuscan kale ½ bunch

Canned Goods

- ☐ Cannellini beans 2 cans (15.5 oz each)
- ☐ Chicken broth 4 cups

Condiments & Spices

- ☐ Black pepper (ground) to taste
- ☐ Dried sage 1 tsp
- ☐ Dried thyme 1 tsp
- ☐ Extra-virgin olive oil 7.5 tbsp
- ☐ Fresh sage 1 tbsp
- ☐ Fresh thyme 1 tbsp
- ☐ Garlic powder 1 tsp
- ☐ Ground cumin 0.5 tsp
- ☐ Ground ginger 1 tsp
- ☐ Ground turmeric 2 tsp
- ☐ Herbs de Provence 0.5 tsp
- ☐ Kosher salt 3.25 tsp
- ☐ Mirin 1 tbsp
- ☐ Shiro (white) miso paste 2 tbsp
- ☐ Soy sauce 1 tbsp
- ☐ Vegetable oil 0.5 cup (120ml)

Rice, Cereal & Legumes

- ☐ Black beans 15 oz can
- ☐ Brown rice 1.5 cups
- ☐ Soba noodles 200g

Frozen Foods

- ☐ Frozen edamame peas 2 cups

Baking

- ☐ Golden syrup cup (80ml)

Meat

- ☐ Chicken drumsticks 4 pieces
- ☐ Chicken thighs 4 pieces
- ☐ Flank steak 1 lb
- ☐ Smoked sausage 12 oz

Fruits

- ☐ Lemon 2 units
- ☐ Lime 1 unit

Seafood

- ☐ Akaroa King Salmon fillets 600g
- ☐ Anchovy fillets (oil-packed) 3 fillets

☐ White rice vinegar 1 tbsp

Dairy

☐ Boursin cheese ½ block

☐ Sour cream 8 oz

☐ Vanilla Greek Yogurt 1 individual

Beverages

☐ Seltzer 1 multipack

☐ White wine cup