

Bakery

- ☐ Breadcrumbs 1 cup

Vegetables

- ☐ Celery 1.5 stalks
- ☐ Green cabbage 2 heads
- ☐ Green onion 1 bunch
- ☐ Onion 4.5 medium
- ☐ Red onion 1/5 cup
- ☐ Spring onions 3 stalks
- ☐ Tomatoes 2.25 large
- ☐ Tomato puree 1 cup
- ☐ White cabbage 1/4 head

Condiments & Spices

- ☐ Cayenne 0.1 tsp
- ☐ Cilantro 1.5 bunches
- ☐ Ginger garlic paste 2.1 tbsp
- ☐ Grated ginger 0.75 tbsp
- ☐ Green chili 4 units
- ☐ Red chili 1 unit
- ☐ Rice vinegar 2 tsp
- ☐ Soy sauce 6 tbsp

Dairy

- ☐ Egg 6 units
- ☐ Plain Greek yogurt 2 cups
- ☐ Skim milk 2 cups

Beverages

- ☐ Mirin 6.5tbsp
- ☐ Sake 4.5tbsp

Rice, Cereal & Legumes

- ☐ Couscous mix 1 box (4.2 oz)
- ☐ Fresh herbs 1.5 cups
- ☐ Rice 3.5 cups
- ☐ Udon noodles 300g

Canned Goods

- ☐ 100g ready-to-eat beansprouts

Meat

- ☐ Chicken breast 4 units
- ☐ Chicken thighs 0.75lb
- ☐ Ground beef 1.5lb

Fruits

- ☐ Lemon juice 2 squeezes

Seafood

- ☐ Chickpeas 2.25lb (1kg)
- ☐ Fish 500g
- ☐ Salmon 28oz
- ☐ Shrimp 0.75lb