

Baking

- ☐ Sugar 1/2 tsp

Dairy

- ☐ Parmesan cheese 80g

Miscellaneous

- ☐ Mint 1 cup

Snacks

- ☐ Flaked Almonds 50g

Condiments & Spices

- ☐ Capers 80g
- ☐ Extra Virgin Olive Oil 6tbsp
- ☐ MSG or Chicken Bouillon Powder 1/8tsp
- ☐ Salt 1/2tsp

Fruits

- ☐ Lemon 1 unit

Rice, Cereal & Legumes

- ☐ Cooked Chickpeas 500g

Vegetables

- ☐ Ginger 1 piece