

Canned Goods

- ☐ Coconut milk 2.5 cans (35oz)
- ☐ Vegetable stock 5 cups

Dairy

- ☐ Greek-style yogurt 10 tbsp

Rice, Cereal & Legumes

- ☐ Split red lentils 2.5 cups

Condiments & Spices

- ☐ Garam masala 2.5 tsp
- ☐ Red pepper flakes tsp

Fruits

- ☐ Lemon 10 wedges

Vegetables

- ☐ Garlic 5 cloves
- ☐ Ginger 1 inch
- ☐ Onion 2.5 medium