

Baking

- ☐ All-purpose flour 1/2 cup

Condiments & Spices

- ☐ Gochugaru 1 tsp
- ☐ Miso brun 1 heaping tbsp

Fruits

- ☐ Lemon 2 units

Rice, Cereal & Legumes

- ☐ Pasta 200g

Canned Goods

- ☐ Cannellini beans 570g jar

Dairy

- ☐ Butter 3 tbsp
- ☐ Egg 4 units
- ☐ Margarine sans lait 50g
- ☐ Quark 200g

Meat

- ☐ Chicken thighs or breasts 2 lb
- ☐ Pork loin 1 unit

Vegetables

- ☐ Baby spinach 150g
- ☐ Carrot 2 units
- ☐ Choux raves 4 units
- ☐ Garlic 15 cloves
- ☐ Green onions 1 bunch
- ☐ Onion 4 units
- ☐ Parsley 1/2 bouquet
- ☐ Potatoes 3 units