

**Bakery**

- ☐ Garlic Panko Breadcrumbs 1 cup

**Vegetables**

- ☐ Celery 2 ribs
- ☐ Cucumbers 1 unit
- ☐ Garlic cloves 1 pack
- ☐ Green bell pepper 0.5 unit
- ☐ Lazy garlic 1 tbsp
- ☐ Red bell pepper 0.5 unit
- ☐ Sugarsnap peas 1 pack
- ☐ Yellow onion 1.5 units

**Baking**

- ☐ Cornflour 1 tbsp
- ☐ Flour 0.25 cup

**Meat**

- ☐ Chicken breasts 7 units

**Fruits**

- ☐ Lime 1 unit

**Rice, Cereal & Legumes**

- ☐ Noodles 1.2lb (approximately 500g)

**Canned Goods**

- ☐ Coconut milk 1 can

**Condiments & Spices**

- ☐ Avocado oil 1 tbsp
- ☐ Black pepper 2 tsp
- ☐ Cayenne pepper 1 tsp
- ☐ Chili onion crunch 1 unit
- ☐ Chili powder ½ tsp
- ☐ Dark soy sauce 1 tbsp
- ☐ Extra chili (optional) 1 unit
- ☐ Garlic powder 1 tsp
- ☐ Ginger 1 unit
- ☐ Granulated garlic 1 tsp
- ☐ Granulated onion 1 tsp
- ☐ Italian seasoning 1 tsp
- ☐ Lazy ginger 1 tbsp
- ☐ Mike's Hot Honey 1 unit
- ☐ Olive oil spray 1 unit
- ☐ Paprika 3 tsp
- ☐ Red curry paste 2-3 heaped tbsp
- ☐ Red pepper flakes 2 tsp
- ☐ Rice vinegar 1 unit
- ☐ Sauce of choice 1 unit
- ☐ Sea salt 1 tbsp + ½ tsp
- ☐ Sesame oil 1 unit
- ☐ Smoked paprika 2 tsp
- ☐ Soy sauce 1 tbsp
- ☐ Sriracha 1 tbsp
- ☐ Sugar 1 unit
- ☐ Tony Chachere's Creole Seasoning 1  
tbsp
- ☐ White pepper ¼ tsp
- ☐ White sesame seeds 1 unit
- ☐ Yellow mustard 2 tbsp

**Dairy**

- ☐ Butter 0.5 stick
- ☐ Cheese (mixed) 48 oz
- ☐ Egg 2 units
- ☐ Half 'n half 4 cups