

Rice, Cereal & Legumes

- ☐ Brown or Puy Lentils 240g
- ☐ Quinoa 200g

Vegetables

- ☐ Broccoli 1 small head
- ☐ Garlic 6 cloves
- ☐ Mushrooms 600g
- ☐ Onion 1 unit
- ☐ Red cabbage ½ small head
- ☐ Sweet potatoes 1.6kg

Baking

- ☐ All purpose flour 1.75 cups (210g)
- ☐ Baking soda 1 tsp
- ☐ Brown sugar 0.5 cup (107g)
- ☐ Chocolate chips 0.2lb (90g)
- ☐ Vanilla extract 0.5 tbsp

Meat

- ☐ Smoked Tofu 200g

Fruits

- ☐ Banana 3 units

Miscellaneous

- ☐ Coconut oil 0.3 cup (75g)
- ☐ Water 1 splash + to loosen

Canned Goods

- ☐ Black beans 500g (2 cans)
- ☐ Kidney beans 240g (1 can)
- ☐ Tomato puree 3tbsp
- ☐ Vegetable stock 350ml

Condiments & Spices

- ☐ Bay leaves 2 units
- ☐ Black sesame seeds 1 pack
- ☐ Coriander 1 pack
- ☐ Fresh rosemary 2 sprigs
- ☐ Fresh thyme 2 sprigs
- ☐ Ground cinnamon 1 tsp
- ☐ Lemon juice 1.5 tbsp
- ☐ Maple or agave syrup 1 tbsp
- ☐ Miso paste 3-4 tsp
- ☐ Olive oil 1 bottle
- ☐ Peanut butter 3 tbsp
- ☐ Salt 0.5 tsp
- ☐ Salt and pepper to taste
- ☐ Sesame oil 1 tbsp
- ☐ Smoked paprika 2 tsp
- ☐ Sugar 2 tbsp
- ☐ Tamari or soy sauce 2.5 tbsp

Dairy

- ☐ Cashew cream 3tbsp
- ☐ Dairy free milk 2tbsp

Snacks

- ☐ Walnuts/Pecans 0.5 cup (56g) + small handful