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