

Canned Goods

- Coconut milk 14oz
- Tomato paste 6oz

Dairy

- Plain yogurt 3tbsp

Meat

- Chicken breast 1lb

Vegetables

- Boston lettuce 1 head
- Celery 2-3 ribs
- Cilantro 1/4 cup
- Coriander 1 tsp
- Garlic 4 cloves
- Ginger 1 tsp
- Onion 1 medium

Condiments & Spices

- Cardamom 1 tsp
- Cayenne Pepper 1/4-1/2 tsp
- Coconut oil 2 tsp
- Cumin 1 tsp
- Honey 1 tbsp
- Lemon Juice 1 tbsp
- Lime Juice 1 tbsp
- Mayonnaise 3 tbsp
- Salt 3/4 tsp

Fruits

- Golden delicious apple 1 unit
- Red seedless grapes 1 cup
- Sweet apples 2 units

Snacks

- Dried cranberries 1/2 cup
- Walnuts 1/2 cup