## 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 ¼ cup
- ◯ Coriander 1 tsp
- ◯ Garlic 4 cloves
- ◯ Ginger 1 tsp
- ◯ Onion 1 medium

## Condiments & Spices

- ◯ Cardamom 1 tsp
- ◯ Cayenne Pepper ¼-½ tsp
- ◯ Coconut oil 2 tsp
- ◯ Cumin 1 tsp
- ◯ Honey 1 tbsp
- ◯ Lemon Juice 1 tbsp
- ◯ Lime Juice 1 tbsp
- ◯ Mayonnaise 3 tbsp
- ◯ Salt ¾ tsp

## Fruits

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

## Snacks

- ◯ Dried cranberries ½ cup
- ◯ Walnuts ½ cup