

Beverages

- ☐ Dry white wine 1 cup

Condiments & Spices

- ☐ Garam masala 1tbsp
- ☐ Ground cayenne $\frac{1}{4}$ tsp
- ☐ Ground chili powder 1tsp
- ☐ Ground cumin 1tsp
- ☐ Ground turmeric 1tsp

Frozen Foods

- ☐ Frozen peas $\frac{3}{4}$ cup

Rice, Cereal & Legumes

- ☐ Brown rice 1 bag
- ☐ Rice Krispies cereal 6 cups
- ☐ Rigatoni 1lb

Canned Goods

- ☐ Light coconut milk 1 can
- ☐ Tomato sauce 1 can

Dairy

- ☐ Half-and-half $\frac{2}{3}$ cup
- ☐ Heavy cream 1 cup
- ☐ Italian Parmesan cheese 1 cup

Meat

- ☐ Mild Italian sausage 1.25 lbs

Vegetables

- ☐ Fennel 3 cups
- ☐ Garlic 3 large cloves
- ☐ Ginger 1 tablespoon
- ☐ Yellow onion 2 cups