

Rice, Cereal & Legumes

- ☐ Fresh Basil 4 tbsp
- ☐ Fresh Parsley 6 tbsp

Baking

- ☐ Granulated sugar 6tbsp
- ☐ Vanilla extract 2tsp

Meat

- ☐ Shredded chicken, precooked 1lb

Fruits

- ☐ Lemongrass 2 stalks
- ☐ Lemon juice 1 bottle
- ☐ Mint leaves 1.25 bunches
- ☐ Orange juice 1.25 cups

Seafood

- ☐ Shiitake mushrooms 1 cup

Vegetables

- ☐ Asparagus 4 cups
- ☐ Bell peppers 4 units
- ☐ Cauliflower (riced) 2 cups
- ☐ Green cabbage 8 cups
- ☐ Kale 1 cup
- ☐ Scallions 2 units

Condiments & Spices

- ☐ Flat-leaf parsley 4 tablespoons
- ☐ Fresh cilantro 1 cup
- ☐ Galangal 2 inches
- ☐ Ground allspice 4 teaspoons
- ☐ Kaffir lime leaves 6 leaves
- ☐ Sliced red chilies 1

Dairy

- ☐ Feta 2 tbsp

Beverages

- ☐ Coconut milk 1 can (14 oz)