

Bakery

- ☐ Flour Tortilla Wraps 4 units
- ☐ Naan 4 units

Miscellaneous

- ☐ Creamed coconut 25g

Canned Goods

- ☐ Black olives 6 units
- ☐ Chicken broth 500ml
- ☐ Coconut milk 250ml
- ☐ Kalamata olives $\frac{1}{4}$ cup
- ☐ Marinara sauce 1 cup

Meat

- ☐ Tofu 0.6lb (280g)

Fruits

- ☐ Avocado 2 units
- ☐ Lemon 1 unit
- ☐ Lime 1 unit

Snacks

- ☐ Hummus 1 cup
- ☐ Raisins 0.25 cup

Rice, Cereal & Legumes

- ☐ Beans 1 cup
- ☐ Brown long grain rice 150g
- ☐ Cilantro-Lime Rice 1 cup
- ☐ Dried chickpeas 1 cup
- ☐ Moong dal $\frac{1}{2}$ cup
- ☐ Quinoa 3 cups

Vegetables

- ☐ Baby corn 3 units
- ☐ Bell pepper 3 cups
- ☐ Carrot 1 small
- ☐ Celery 1 stalk
- ☐ Cherry tomatoes 10 units
- ☐ Chopped green chillies $\frac{1}{2}$ tsp
- ☐ Coriander leaves $\frac{1}{2}$ cup + 2 tbsp
- ☐ Cucumber $\frac{1}{2}$ large
- ☐ Fresh ginger 35g
- ☐ Garlic 3 cloves
- ☐ Green chilli 1 unit
- ☐ Jalapeno 1 unit
- ☐ Mint leaves $\frac{3}{4}$ cup
- ☐ Mixed salad greens 1 cup
- ☐ Mushrooms 4 units
- ☐ Onion 2.5 cups
- ☐ Pumpkin 1kg
- ☐ Shallot $\frac{1}{2}$ large
- ☐ Spring greens 150g
- ☐ Sugar snap peas 80g
- ☐ Tomatoes 3 medium + 1 cup chopped

Condiments & Spices

- ☐ Asafoetida 1 pinch
- ☐ Black pepper 0.125 tsp
- ☐ Chaat masala 3 tsp
- ☐ Chilli flakes 1 tsp
- ☐ Coriander powder 1 tsp
- ☐ Cumin powder 1.5 tsp
- ☐ Cumin seeds 1.5 tsp
- ☐ Dried oregano 1 tsp
- ☐ Garam masala 0.75 tsp
- ☐ Ginger garlic paste 1 tsp

- ☐ Ground cinnamon 0.5 tsp
- ☐ Honey 2 tbsp
- ☐ Hot sauce 4 tsp
- ☐ Kashmiri red chili powder 0.5 tsp
- ☐ Kasuri methi 0.5 tsp
- ☐ Lemon juice 4.5 tbsp
- ☐ Lime juice 1 lime
- ☐ Oil 2.5 tbsp
- ☐ Olive oil 7 tsp
- ☐ Red chilli powder 0.75 tsp
- ☐ Salt 2.5 tsp
- ☐ Sea salt/pink salt 0.5 tsp
- ☐ Soy sauce 53ml
- ☐ Taco masala 1 tsp
- ☐ Tandoori masala 0.5 tsp
- ☐ Turmeric 0.5 tsp

Dairy

- ☐ Ghee or Neutral Oil 2tbsp
- ☐ Paneer 370g
- ☐ Shredded Cheese 3 cups
- ☐ Yogurt 2tbsp

Beverages

- ☐ Water 4.5 cups