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 ¼ 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 ½ 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 ½ tsp
- ◯ Coriander leaves ½ cup + 2 tbsp
- ◯ Cucumber ½ large
- ◯ Fresh ginger 35g
- ◯ Garlic 3 cloves
- ◯ Green chilli 1 unit
- ◯ Jalapeno 1 unit
- ◯ Mint leaves ¾ cup
- ◯ Mixed salad greens 1 cup
- ◯ Mushrooms 4 units
- ◯ Onion 2.5 cups
- ◯ Pumpkin 1kg
- ◯ Shallot ½ 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