

Baking

- ☐ Coconut palm sugar 10tbsp

Canned Goods

- ☐ Tomato paste 1 tbs
- ☐ Vegetable broth 1 cup

Rice, Cereal & Legumes

- ☐ Gluten-free rice noodles 1 package

Vegetables

- ☐ Ginger root 1/2 cup
- ☐ Herbs (Basil, parsley, cilantro) 2 bunches
- ☐ Mushrooms 1 quart

Beverages

- ☐ Lime juice 1/4 cup

Condiments & Spices

- ☐ Accent seasoning 1/4tsp
- ☐ Coconut aminos or tamari 4tbsp
- ☐ Toasted sesame oil 1tbsp
- ☐ Ume plum vinegar 3tbsp

Snacks

- ☐ Crushed peanuts 1 unit
- ☐ Peanut butter powder 6tbsp