

Bakery

- 1 (1 pound) loaf French bread, cut into 1 inch cubes

Vegetables

- diced English cucumber 1.5 units
- garlic 2.25 units
- green bell pepper 0.5 units
- matchstick carrots 0.75 units
- onion 3 units
- pumpkin seeds 0.25 units

Baking

- all-purpose flour 2 tablespoons
- cinnamon stick 1 piece
- dark Mexican chocolate 3 ounces
- granulated sugar 2 tablespoons

Meat

- chicken (boneless skinless chicken breast, chicken thighs, legs, whole chicken, combo, etc) 5 lbs.
- ground beef (lean) 1 lbs.

Fruits

- avocado 1
- orange juice 3 cups

Snacks

- 1/3 cup sliced almonds

Rice, Cereal & Legumes

- black sesame seeds to taste
- macaroni noodles 1 cup
- raisins 1/2 cup
- toasted sesame seeds to taste

Canned Goods

- beef broth 1.5 cups
- chicken broth 3 cups
- petite diced tomatoes 8.5 oz
- tomato paste 2 tablespoons
- tomato sauce 8.5 oz

Condiments & Spices

- bay leaves 4 pieces
- coriander seeds 4 teaspoons
- cumin seeds 4 teaspoons
- dried ancho chiles 1 ounce
- dried chipotle chiles 1 ounce
- dried marjoram 1 teaspoon
- dried oregano 2 teaspoons
- dried pasilla chiles 5 ounces
- dried thyme 1 teaspoon
- Fresh chopped cilantro as needed
- Italian Seasoning 1 tablespoon
- low-sodium soy sauce 1/4 cup
- olive oil 2.25 tablespoons
- rice vinegar 5 tablespoons
- salt 0.75 teaspoon
- seasoned salt 1 teaspoon
- sriracha 1.5 tablespoons
- whole anise seeds 1 teaspoon
- whole cloves 4 pieces
- Worcestershire Sauce 1.5 tablespoons

Dairy

- ground nutmeg 0.25 teaspoon
- light mayonnaise (or regular mayonnaise) 0.25 cup
- shredded cheddar cheese 0.5 cup
- shredded Gruyere cheese 8 ounces
- shredded Swiss cheese 8 ounces

Beverages

- 1 cup dry white wine

Seafood

- chopped pickled sushi ginger 1 ½ tbsp
- imitation crab or lump crabmeat 10 oz
- nori sheet 1 sheet
- sushi rice 2 cups