

Bakery

- ☐ Sandwich bread 1 loaf
- ☐ Sourdough bread 1 loaf
- ☐ Whole Wheat Tortillas 1 pack

Vegetables

- ☐ Arugula 1 bag
- ☐ Asparagus 1 bunch
- ☐ Basil 1 bunch
- ☐ Beets 1 bunch
- ☐ Bok choy 1 bunch
- ☐ Broccolini 1 bunch
- ☐ Brussel sprouts 1 bunch
- ☐ Carrots 1 bunch
- ☐ Cauliflower 1 head
- ☐ Celeriac 1 unit
- ☐ Celery 1 bunch
- ☐ Cherry tomatoes 1 cup
- ☐ Chopped tomatoes 400g
- ☐ Cilantro 1 bunch
- ☐ Corn 1 bunch
- ☐ Cucumber ½ cup
- ☐ Dill 1 bunch
- ☐ Eggplant 1 unit
- ☐ English cucumber 1 unit
- ☐ Fennel 1 bulb
- ☐ Garlic 1 bulb + 3 cloves
- ☐ Ginger 1 piece
- ☐ Green bell pepper 1 large
- ☐ Green chile 1-2 units
- ☐ Iceberg lettuce 1 head
- ☐ Jalapeño 2 units
- ☐ Kale 1 bunch
- ☐ Kirby cucumber 1 unit
- ☐ Leek 1 unit
- ☐ Mint 1 bunch
- ☐ Mushrooms 1 bunch
- ☐ Onion 1 large
- ☐ Parsley 1 bunch
- ☐ Potatoes 1 bunch
- ☐ Radishes 6 units

Rice, Cereal & Legumes

- ☐ Basmati Rice 1 package
- ☐ Black beans 1 bag
- ☐ Brown Rice 1 package
- ☐ Chickpeas 1 bag
- ☐ Couscous 1 package
- ☐ Fusilli 1 package
- ☐ Jasmine Rice 1 package
- ☐ Lentils 1 bag
- ☐ Linguini 1 package
- ☐ Oatmeal 1 package
- ☐ Ramen Noodles 1 package
- ☐ Rigatoni 1 package
- ☐ Soba Noodles 1 package
- ☐ Spaghetti 1 package
- ☐ Spaghettoni 1 package
- ☐ Tagliatelle 1 package
- ☐ Vermacelli 1 package
- ☐ Wild Rice 1 package

Frozen Foods

- ☐ Frozen Peas 1 bag

Baking

- ☐ Baking soda 1 box
- ☐ Bread Crumbs 1 box
- ☐ Brown Sugar 1 tablespoon
- ☐ Flour as needed

Meat

- ☐ Chicken breast 4 breasts
- ☐ Chicken thighs as needed
- ☐ Chuck steak 1kg
- ☐ Cold cuts as needed
- ☐ Flank steak as needed
- ☐ Lardons as needed
- ☐ Merguez sausages as needed
- ☐ Pancetta as needed
- ☐ Pork chops as needed
- ☐ Roasted chicken as needed
- ☐ Saucisson as needed
- ☐ Steak as needed

- ☐ Rapini 1 bunch
- ☐ Red bell pepper 1 large
- ☐ Red cabbage 1 head
- ☐ Red chili peppers 1 bunch
- ☐ Red onion 1 unit
- ☐ Romaine lettuce 1 head
- ☐ Scallions 1 bunch
- ☐ Shallots 1 bunch
- ☐ Spinach 1 bag
- ☐ Squash 1 unit
- ☐ Sweet potatoes 1 bunch
- ☐ Thai red chilli peppers 1 bunch
- ☐ Tomato 1 medium
- ☐ Turnips 1 bunch
- ☐ White onion 1 unit
- ☐ Yellow onion 1 unit
- ☐ Zucchini 3 units

Canned Goods

- ☐ Bamboo shoots 1 can
- ☐ Black beans 1 can
- ☐ Canned fish 1 can
- ☐ Canned Tuna 1 can
- ☐ Chicken Stock 1 unit
- ☐ Coconut milk 1 can
- ☐ Corn 1 can
- ☐ Crushed tomatoes 2 cans
- ☐ Olives 1 can
- ☐ Pinto beans 1 can
- ☐ Red kidney beans 1 can
- ☐ Soup 1 can
- ☐ Sundried tomatoes 1 can
- ☐ Tomato paste 2 cans
- ☐ Tomato puree 1tbsp
- ☐ Tomato sauce 1 can
- ☐ Whole peeled tomatoes 250g

Condiments & Spices

- ☐ Adobo sauce 1 bottle
- ☐ BBQ sauce 1 bottle
- ☐ Black Peppercorns 1 unit
- ☐ Capers 1 jar

- ☐ Whole chicken as needed

Fruits

- ☐ Apricot 1 unit
- ☐ Avocado 2 units
- ☐ Banana 1 unit
- ☐ Blackberries 1 container
- ☐ Cherry 1 unit
- ☐ Cherry tomatoes 1 container
- ☐ Kiwi 1 unit
- ☐ Lemon 2 units
- ☐ Lime 1 unit
- ☐ Orange 1 unit
- ☐ Raspberries 1 container

Snacks

- ☐ Granola bars 1 box
- ☐ Trail mix 1 bag

- ☐ Chervil 1 bunch
- ☐ Chili powder 0.5 tsp
- ☐ Chilli flakes 1 unit
- ☐ Coriander 1 bunch
- ☐ Cumin 1 unit
- ☐ Curry powder 1 unit
- ☐ Dijon mustard 1 bottle
- ☐ Dried curry leaves 10 leaves
- ☐ Duck fat 1 bottle
- ☐ Fresh oregano 2 tbsp
- ☐ Garam masala 2 tsp
- ☐ Ginger 1 inch piece
- ☐ Hummus 1 container
- ☐ Kaffir lime leaves 1 bunch
- ☐ Lemongrass 1 bunch
- ☐ Lemon juice 1 bottle
- ☐ Mayo 1 jar
- ☐ Peanut oil 1 bottle
- ☐ Pesto 1 jar
- ☐ Pizza sauce 1 jar
- ☐ Rosemary 1 bunch
- ☐ Salsa 1 bottle
- ☐ Soy sauce 1 bottle
- ☐ Steak Spice 1 unit
- ☐ Tarragon 1 bunch
- ☐ Thai basil 1 bunch
- ☐ Thyme 1 bunch
- ☐ Turmeric 1 tsp
- ☐ Vinegar 1 bottle

Dairy

- ☐ Aged Cheddar as needed
- ☐ Almond milk as needed
- ☐ Butter as needed
- ☐ Cream as needed
- ☐ Crème Fraîche as needed
- ☐ Eggs as needed
- ☐ Feta cheese ½ cup
- ☐ Halloumi as needed
- ☐ Ice cream as needed
- ☐ Milk as needed

- ☐ Oat milk as needed
- ☐ Shredded cheese as needed
- ☐ Yogurt 4-6 tbsp

Beverages

- ☐ Beer 1 unit
- ☐ Belgian dark ale 400ml
- ☐ Hydration Packs 1 pack
- ☐ Juice 1 unit
- ☐ Tea Bag 1 box
- ☐ Wine 1 bottle

Seafood

- ☐ Salmon 1 unit
- ☐ Smoked salmon 1 unit
- ☐ White fish 1 unit