

Canned Goods

- Coconut milk 14 oz

Fruits

- Lime 1-2 tbsp
- Pineapple 1 cup

Rice, Cereal & Legumes

- Rice 1 bag

Condiments & Spices

- Apple cider vinegar 1 tablespoon
- Coconut oil 2-3 tablespoons
- Honey 2 tablespoons
- Thai green curry paste 2-8 tablespoons

Meat

- Chicken breast 1 to 1.25 lbs
- Chicken thighs 2 lbs

Vegetables

- Fresh cilantro cup
- Onion 1 medium/large
- Red bell pepper ½ cup
- Zucchini 1 large