

Condiments & Spices

- ☐ Black pepper 1 tsp
- ☐ Cinnamon 1 tsp
- ☐ Cumin 1 tsp
- ☐ Oil 1.25 cups
- ☐ Paprika 4 tbsp
- ☐ Ras el Hanout 1 tsp
- ☐ Salt 1.5 tbsp

Fruits

- ☐ Dates 3-4 units

Rice, Cereal & Legumes

- ☐ Chickpeas 300g
- ☐ Rice 1 cup
- ☐ Wheat 0.5kg
- ☐ White beans 300g

Dairy

- ☐ Egg 9 units

Meat

- ☐ Bone marrow bones 3-4 units
- ☐ Ground beef 50g
- ☐ Osso buco (boneless) 2kg

Vegetables

- ☐ Garlic 1 head + 10 cloves
- ☐ Onions 5 units
- ☐ Potatoes 8-10 units
- ☐ Sweet potato 1 large