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