Rice, Cereal & Legumes

- ◯ Chickpeas 1 can
- ◯ Polenta 1 tsp

Frozen Foods

- ◯ Fresh tortellini 18oz
- ◯ Frozen spinach 10oz

Baking

- ◯ All-purpose flour 2.5 cups
- ◯ Granulated sugar 0.25 cup

Dairy

- ◯ Butter 1.2lb (525g)
- ◯ Cream cheese 1 cup
- ◯ Egg 1 unit
- ◯ Grated Parmesan 50g
- ◯ Hard cheese (Pecorino/Parmesan) 1 cup
- ◯ Mozzarella cheese 1 cup
- ◯ Semi-skimmed milk 250ml
- ◯ Sharp cheddar cheese 1 cup
- ◯ Sour cream 1 cup

Snacks

- ◯ Slivered almonds cup

Vegetables

- ◯ Broccoli 150g
- ◯ Cilantro 1 cup
- ◯ Garlic 4 cloves
- ◯ Green onions 3 units
- ◯ Napa cabbage 3 cups
- ◯ Onion ½ unit
- ◯ Purple cabbage 1 cup
- ◯ Russet potatoes 2 medium
- ◯ Shredded carrots 1 cup
- ◯ Spinach 6 cups

Canned Goods

- ◯ Vegetable stock 3 cups

Condiments & Spices

- ◯ Black pepper ¾tsp
- ◯ Black sesame seeds 1tsp
- ◯ Garlic powder ½tsp
- ◯ Ground ginger ½tsp
- ◯ Kosher salt 1tsp
- ◯ Rice vinegar 2tbsp
- ◯ Soy sauce cup
- ◯ Toasted sesame oil 3tbsp

Fruits

- ◯ Mandarin Oranges 1 cup