

**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 1/2 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 3/4tsp
- Black sesame seeds 1tsp
- Garlic powder 1/2tsp
- Ground ginger 1/2tsp
- Kosher salt 1tsp
- Rice vinegar 2tbsp
- Soy sauce cup
- Toasted sesame oil 3tbsp

**Fruits**

- Mandarin Oranges 1 cup