Baking

- ◯ All-purpose flour 1 1/2 cups
- ◯ Brown sugar 1 tbsp
- ◯ Cornstarch 2 tbsp
- ◯ Light brown sugar 1 cup
- ◯ Vanilla 1/2tsp

Condiments & Spices

- ◯ Cinnamon 1/2tsp
- ◯ Extra-virgin olive oil 2tbsp
- ◯ Kosher salt pinch
- ◯ Nutmeg 1/4tsp
- ◯ Sea salt 1/2tsp

Fruits

- ◯ Apples 5 units

Snacks

- ◯ Dried Cranberries 1/4 cup
- ◯ Flour 1/2 cup
- ◯ Nuts (Pecans or Walnuts) 1 cup
- ◯ Pepitas 1/4 cup

Beverages

- ◯ Lemon juice 3 tbsp
- ◯ Water 1 cup

Dairy

- ◯ Butter 1 stick
- ◯ Goat cheese or Feta 1/2 cup
- ◯ Parmesan cheese 3/4 cup

Rice, Cereal & Legumes

- ◯ Quinoa 1/2 cup

Vegetables

- ◯ Acorn squash 2 units
- ◯ Flat-leaf parsley 1/4 cup + 1tbsp
- ◯ Garlic 1 clove
- ◯ Green onion 1/4 cup