

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