

Baking

- ☐ Pepitas 6tbsp

Dairy

- ☐ Crème fraîche 0.5 cup (200g)
- ☐ Egg 4 units

Rice, Cereal & Legumes

- ☐ Chickpeas 15oz (1 can)
- ☐ Dried farro 1 cup
- ☐ Fresh parsley 1 bunch

Condiments & Spices

- ☐ Cooking oil spray 2 units
- ☐ Fresh ginger 0.1lb (45g)

Fruits

- ☐ Lime 2 medium

Vegetables

- ☐ Cauliflower 1 head
- ☐ Heirloom Carrots 1lb
- ☐ Scallions 4 units