

Baking

- ☐ Tapioca Flour 3 cups

Dairy

- ☐ Cottage cheese 1 cup
- ☐ Egg 7 units
- ☐ Gouda cheese 1.5 cups
- ☐ Parmesan cheese 1.5 cups

Canned Goods

- ☐ Chicken stock cup (160ml)

Rice, Cereal & Legumes

- ☐ Rolled oats 1 cup