
ITEMS

Spices:

- 1/2 teaspoon garlic powder
- 1 1/2 teaspoons ginger (powdered)
- 1 tablespoon garam masala
- 1 teaspoon cinnamon
- 1 teaspoon coriander
- 2 teaspoons cumin
- 1/2 teaspoon black pepper
- 2 teaspoons oregano
- 1 1/4 teaspoons chili flakes

Canned / Packaged Goods:

- 1 cup dry red lentils
- 3 tablespoons Chicken Better Than Bouillon
- 1 cup quinoa
- 1 798 ml can diced tomatoes

Snacks / Chips / Candy:

- raisins
- 1 cup cashews

International:

- 1 tablespoon fish sauce

Beverages:

- 1/2 cup mango or orange juice

Baking Needs:

- 1/2 cup + 1 tablespoon canola oil
- 1/4 cup flour
- 3 tablespoons sesame oil
- 1/4 cup + 1 tablespoon cornstarch
- 1 tablespoon brown sugar
- unsweetened flaked coconut
- 1/4 cup + 1 tablespoon white sugar

Produce:

- 2 cups chopped broccoli
- thumb sized chunk ginger
- 4 carrots
- 2 mangoes
- 1 cup chopped red onion
- 2 tablespoons lime juice
- 1 thai chili
- 8 stalks celery
- 12 garlic cloves minced + 6 cloves garlic
- 3 1/2 pounds sweet potato
- 3 small onions + 1 large onion
- 1 handful + 3/4 cup fresh cilantro
- 2 cups chopped kale
- 2 large red peppers

Dairy / Eggs:

- 1 egg
- 1 tablespoon butter
- whipping cream

Condiments / Dressings:

- 1 tablespoon mayo
- 1/4 cup vinegar
- 3 tablespoons soy sauce

Meats / Seafood:

- 1 pound flank steak
- 4 cups cooked chicken or turkey