

---

## ITEMS

### International:

- 1 tbsp fish sauce
- 1 cup salsa

### Dairy / Eggs:

- 1 tbsp butter
- 1/2 cup cream cheese
- 2 tbsp parmesan cheese
- 1 cup mozzarella cheese

### Spices:

- 1 1/2 tsp basil
- 3 tsp oregano
- 1 tbsp chili powder
- 1/4 tsp cumin
- 3/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/8 tsp chili flakes

### Meats / Seafood:

- 2 chicken breasts diced
- 1 1/2 lbs pork loin sliced thinly (\*see note: Spicy Pork with Mango and Rice)
- 100 g pepperoni

### Frozen Foods:

- 2 cups frozen peas

### Grains / Rice:

- 2 cups uncooked quinoa
- Rice for serving (Spicy Pork with Mango and Rice)
- 1 cup brown rice (must be brown!)

### Produce:

- 2 mangoes + 2 mangoes or 4 peaches
- 1 handful fresh cilantro
- 1 1/3 cups chopped red onion
- 1 thai chili
- 3 stalks celery
- 1 lb sliced mushrooms + 4 large mushrooms
- 1/4 cup chopped fresh dill
- 2 onions
- 3 large red peppers + 4 bell peppers any colour
- fresh cilantro (Spicy Pork with Mango and Rice)

### Canned / Packaged Goods:

- 1 cup cashews
- 2 tbsp lime juice
- 1 tsp chicken bouillon paste (Suggestion: Better Than Bouillon brand)
- 1/2 cup peach or mango jam
- 2 tsp vegetable bouillon (Suggestion: Better Than Bouillon brand)
- 1 can tomato paste (156 ml)

### Beverages:

- 1/2 cup mango or orange juice

### Baking Needs:

- 3 tbsp canola oil
- 1 tbsp sugar