
ITEMS

Baking Needs:

- 3 tbsp + 1 tsp brown sugar
- 4 tbsp corn starch
- 3 tbsp sesame oil
- 2 1/4 tsp yeast
- 2 1/2 cups all purpose flour
- 1/4 cup + 1 tbsp olive oil
- 1/4 cup + 1 tbsp canola oil
- 1 tbsp butter or vegetable oil or coconut oil
- unsweetened flaked coconut

Spices:

- 1 1/2 tsp ginger
- 1 tbsp garam masala
- 1 tsp cinnamon
- 1 tsp coriander
- 1 tsp cumin
- 1/2 tsp black pepper
- 1/4 tsp chili flakes

Condiments / Dressings:

- 1/4 cup + 2 tbsp soy sauce
- 1/4 cup mirin
- 2 tbsp honey

Dairy / Eggs:

- 300 g (10 oz) shredded mozzarella cheese
- parmesan cheese for sprinkling
- whipping cream 35% mf or canned coconut milk (for vegan adaptation)

Produce:

- 2 large onions
- 1 apple
- 1 cup fresh or frozen pineapple chunks
- optional: 1 tsp fresh ginger grated (not powdered ginger!)
- 3 cups chopped broccoli
- 3 cups sliced mushrooms
- 1 1/2 cups sliced green onions
- 3 cups roughly chopped bell peppers
- 3 cups snap peas + 1/2 lb snap peas
- 4 medium sized roma tomatoes
- handful of basil leaves sliced into ribbons
- 20 cloves minced garlic
- 1 1/2 lbs sweet potato
- 8 carrots
- raisins

Meats / Seafood:

- 1 lb flank steak
- 1 1/2 lbs raw chicken breasts

Canned / Packaged Goods:

- 1 tbsp beef bouillon
- cooked brown rice for serving
- 1 tsp lemon juice
- 6 packages 210g each of nupasta spaghetti (or sub in 10 oz spaghetti noodles – dry weight – boiled and drained)
- sesame seeds for topping
- 1 cup dry red lentils
- 1 tbsp chicken Better Than Bouillon or vegetarian for vegan adaptation