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## ITEMS

### Frozen Foods:

- 1 1/2 cups frozen corn

### Canned / Packaged Goods:

- 1 can tuna
- 1 cup chicken broth
- 2 packages ramen instant noodles
- 2 packages of instant noodle seasonings
- Falafels
- 1 can (340 ml or 11.5 oz) evaporated milk

### Dairy / Eggs:

- 1 1/2 cups shredded cheddar cheese
- 2 tablespoons butter

### Meats / Seafood:

- 1 1/2 pounds chicken breasts

### Bread / Peanut Butter / Jams:

- 1/4 cup almond butter

### Snacks / Chips / Candy:

- 1 1/2 cups almonds

### Baking Needs:

- 1/3 cup nutritional yeast
- 1/3 cup apple cider vinegar
- 1 1/4 cups canola oil
- 2 tablespoons cornstarch
- 1/2 cup sesame oil

### International:

- 1/4 cup tahini

### Spices:

- 1 tablespoon turmeric
- 1/2 teaspoon onion powder
- 1 teaspoon basil
- 1/2 teaspoon thyme
- 1/8 teaspoon chili flakes
- 1/2 cup sesame seeds

### Condiments / Dressings:

- 4 tablespoons soy sauce
- 1 cup salsa
- 1/4 cup mirin

### Produce:

- 8 cloves garlic
- Spring mix
- Beets
- Dates
- 2 1/2 pounds mushrooms
- 1 head cabbage
- 2 cups edamame beans
- 1/2 to 1 bunch green onions

### Grains / Rice:

- 3 cups cooked brown rice