
ITEMS

Baking Needs:

- 1/2 cup sesame oil
- 3/4 cup canola oil
- 1 teaspoon brown sugar
- 1/3 cup olive oil
- 2 1/2 cups all purpose flour
- 2 tablespoons sugar
- 2 1/4 teaspoons yeast

Bread / Peanut Butter / Jams:

- 1/4 cup almond butter

Condiments / Dressings:

- 3 tablespoons soy sauce
- 1/4 cup mirin
- 1/3 cup Franks Red Hot Sauce
- 1/3 cup dill pickle brine or vinegar

Meats / Seafood:

- 3 chicken breasts
- 1 pound ground chicken or turkey

Snacks / Chips / Candy:

- 1 1/2 cups almonds

Produce:

- 4 large carrots
- 3 celery sticks
- 1 large onion + 2 small onions
- 2 cups edamame beans
- handful basil leaves
- 1 small beet
- 1 bunch fresh dill
- 1 pound sliced mushrooms
- 4 medium roma tomatoes
- 4 potatoes
- 2 heads cabbage
- 1/2 to 1 bunch green onions
- 8 cloves garlic + 16 cloves minced garlic

Dairy / Eggs:

- 300 grams shredded mozzarella
- parmesan cheese

Spices:

- 1/2 cup sesame seeds
- 12 whole black peppercorns
- 1 teaspoon fennel seeds
- 2 bay leaves
- 1/2 teaspoon thyme
- 1/8 teaspoon white pepper

Canned / Packaged Goods:

- 2 packages ramen instant noodles
- 2 packages instant noodle seasonings
- 1/3 cup Beef Better Than Bouillon
- 1 can tomato sauce
- 1 798 ml can diced tomatoes
- 1 teaspoon Chicken Better Than Bouillon
- 2-3 15 oz cans navy beans, drained and rinsed OR 3 1/2 cups cooked
- 1 cup uncooked quinoa
- 1 156 ml can tomato paste