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## ITEMS

### Baking Needs:

- 2 teaspoons apple cider vinegar
- 1/4 cup cornstarch
- 1/4 cup + 2 tablespoons canola oil

### Deli:

- 1 cup roasted garlic hummus

### Snacks / Chips / Candy:

- 1/4 cup pistachios
- 1/2 cup walnut pieces

### Condiments / Dressings:

- 1 cup salsa
- 1 tablespoon soy sauce

### Spices:

- 1 tablespoon freshly grated ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon cinnamon
- dash of cayenne
- 2 tablespoons garlic powder
- 1 tablespoon onion powder

### Meats / Seafood:

- 1 pound pork tenderloin

### Produce:

- 2 cups cherry tomatoes
- 1 green onion
- 1 pound potatoes
- 1 large red onion
- 1/2 cauliflower + 1 head cauliflower
- 4 cloves garlic minced
- 1 pound broccoli

### Canned / Packaged Goods:

- 1 cup chicken or vegetable broth
- 1 can tuna
- 3/4 cup California prunes

### Grains / Rice:

- 1 cup uncooked couscous
- 3 cups cooked brown rice
- 12 ounces dry macaroni noodles

### Frozen Foods:

- 1/2 cup frozen green peas
- 1 1/2 cups frozen corn

### Dairy / Eggs:

- 200 grams halloumi
- 1 1/2 cups shredded cheddar cheese
- 1/4 cup butter
- 1 1/2 cups milk
- 2 eggs
- 200 grams cheddar cheese

### Bread / Peanut Butter / Jams:

- 2 1/3 tablespoons honey