

PANTRY STAPLES:

- COCONUT OIL
- SALT
- CUMIN
- TURMERIC
- CAYENNE PEPPER
- CARDAMOM
- CORIANDER
- CLOVES
- FENNEL SEEDS
- BASIL
- OREGANO
- SAGE
- PARSLEY
- CHILI POWDER
- GLUTEN-FREE TAMARI OR GLUTEN-FREE SOY SAUCE
- DRIED GREEN LENTILS
- DRIED CHICKPEAS
- DICED TOMATOES
- MAPLE SYRUP
- GLUTEN-FREE PASTA
- GLUTEN-FREE ROLLED OATS
- DIJON MUSTARD

TO BUY:

- ONION
- GARLIC GINGER
- CRIMINI MUSHROOMS
- BELL PEPPER
- BOK CHOY
- TEMPEH
- FIRM TOFU
- CARROTS
- SUNFLOWER SEED BUTTER
- BROCCOLI
- KALE
- PARSLEY
- TAHINI
- MEDJOOOL DATES
- GREEN ONIONS
- DAIKON
- GREEN ONION
- MUSTARD GREENS
- RICE VERMICELLI
- DELICATA SQUASH
- ALMOND MILK
- NUTRITIONAL YEAST
- CELERY
- CAULIFLOWER