

Days 13 to 17

Cans & Jars

- Chicken stock [4 oz.]
- Fish stock [500]
- Dairy
- Eggs [4]
- Drinks
- Juice
- Juice [1 tsp]

Frozen

- Frozen spinach [3 oz.]

Fruits & Veggies

- Apple
- Celery
- Onion [4]
- Shallot [2]
- Spinach
- Sumac [1/4 Tsp]
- Tomatoes [2]
- Vegetable [10 oz.]
- White cabbage [6 oz.]

Meat & Seafood

- Beef [200]
- Chicken breast [200]
- Chicken mince [100]
- Prawns [101]
- White fish fillet [200]

Sauces & Condiments

- Braggs Liquid Aminos [1 Tbsp]
- Spices
- Oregano
- Oregano [1 Tsp]

Check pantry you will need:

- Basil [1 Tsp],
- Bay leaves [3],
- Cardamom [1/2 Tsp],
- Chives [1 Tbsp],
- Coriander [1 oz.],
- Coriander [1 Tsp],
- Coriander leaves,
- Cumin [1.5 Tsp],
- Fenugreek seeds [1 Tsp],
- Garlic [2 Tbsp],
- Garlic [1 Tsp],
- Garlic cloves [3],
- Garlic minced [1 Tbsp],
- Ginger powder [1 Tsp],
- Lemon juice,
- Lemon juice [1 oz.],
- Parsley [5],
- Parsley [1 Tbsp],
- Parsley [2 Tsp],
- Pepper [2],
- Salt,
- Salt and pepper,
- Thyme [1 Tbsp],
- Thyme [1 Tsp],
- Turmeric [1 Tsp]

