

FRAÎCHE

PRODUCE

- Olive oil
- Honey
- Pumpkin seeds
- Sliced almonds
- Nutritional yeast
- Soy sauce
- Maple syrup
- Apple cider vinegar
- Sesame oil
- Cashews
- Sugar
- Fast rising yeast
- All purpose flour
- 398mL can applesauce
- Cooking molasses
- Baking soda
- Ground ginger
- Ground cinnamon
- Ground nutmeg
- Ground cloves
- Vegetable oil

PANTRY

- 2 Butternut squash
- Thyme
- 2 bunches kale
- Red cabbage
- Pomegranate
- 1 Ambrosia apple
- 1 Head of garlic
- 1 Yellow onion
- 2 Gala apples
- 2 1/2 lbs russet potatoes
- 1 1/2 lb brussel sprouts
- 1 lemon

FRIDGE

- Egg
- Goat cheese
- Butter
- Fresh parmesan
- Filo pastry
- 1 Whole chicken

