



Before you Begin

Staples List

Core Ingredients (staples that are used in multiple weeks):

- Vanilla extract
- Garlic powder
- Cumin
- Black pepper
- Canola oil
- Chili powder
- Salt
- Curry powder
- Sugar
- Cinnamon
- Oregano
- Basil
- Flour
- Baking powder
- Baking soda
- Cornstarch
- Rolled oats
- Honey (buy pasteurized)

Let's Get Cookin'!