



Before you Begin

Staples List

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

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

May choose to keep apple cider vinegar, raisins and orange juice boxes in Staples Kit when program is running regularly – check to ensure they are there before grocery shopping.

Estimated cost, approximately \$70.