

FlavorBook

Ingredient Market Overview				
#	Item		Quantity	Price
1		Organic Tomatoes Fresh organic tomatoes, perfect for salads and sauces.	1kg	\$4.5
2	O	Basmati Rice Premium long-grain basmati rice from the Himalayas.	2kg	\$8.99
3		Brown Eggs Free-range brown eggs, packed with nutrition.	12 pcs	\$3.2
4		Fresh Basil Aromatic basil leaves to add a burst of flavor.	100g	\$1.5
5		Extra Virgin Olive Oil Cold-pressed olive oil from Tuscany.	500ml	\$9.75
6		Parmesan Cheese Aged parmesan cheese with a nutty flavor.	200g	\$5.6
7		Raw Honey Unprocessed, organic raw honey.	300g	\$6.25
8		Coconut Milk Rich coconut milk perfect for curries and desserts.	400ml	\$2.8
9		Almond Flour Gluten-free almond flour for healthy baking.	500g	\$7
10		Cumin Seeds Whole cumin seeds for aromatic spice blends.	100g	\$1.99
11		Ground Cinnamon Sweet and warm cinnamon powder.	50g	\$2.25
12	Q.	Red Onions Crisp and spicy red onions, great for cooking.	1kg	\$2.4
13		Garlic Bulbs Locally grown garlic with a pungent flavor.	500g	\$1.9
14	Control of the contro	Fresh Ginger Zesty and spicy ginger root for all recipes.	300g	\$2.6
15	fo	Green Chillies Hot and fresh green chillies to spice up dishes.	200g	\$1.2