



Farida's Shopping List

- 3 cups polenta, dried
- 6 small biscuits
- 12 oz. buttermilk
- 6 chapatis
- 24 oz. chai tea
- 3 eggs (to be boiled)
- 1 ½ cup cooked brown beans
- 1 ½ lb fresh spinach
- Peanuts, roasted no salt