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Days 1 - 5: Shopping List Fresh Herbs W 1 Small Bunch Sage W 1 Bunch Parsley W 1 Bunch Cilantro (optional) W 2 Bulbs Garlic W 1 Big Hunk Of Gingerroot Other W 8 Oz./235 Ml. Coconut Water W 3 Quarts/3 L Vegetable Stock+ W Raisins (3 Tbsp./45 G.) W Cinnamon W Nutmeg W Cumin W Cayenne Pepper W Red Pepper Flakes (optional) W Dried Basil W Olive Oil ... Jun 2th, 2024

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