

Your shopping list for all the meals! If you're just shopping for two this will be enough for lunches too as most of the recipes serve 4. If you're shopping for more than 2 then check the list on page 2 for which recipes you'll need to double. The letters next to ingredient indicate the recipe the ingredient relates to. That way, if you're only cooking 3 or 4 recipes you can easily cross out what you won't need to buy or amend quantities according to the recipe. The key is on page 2.

PANTRY ITEMS: It's recommended that you check your pantry before purchasing these ingredients (first page), as they are staples that last a while so you may already have them!

Other:

- 8 Bamboo skewers [D]

Oil:

- 3 tsp esame oil [D,E]
- 1/2 cup Olive oil [A,B,C]

Canned Goods:

- 1 X 400g can black beans [C]

Condiments:

- 1 teaspoon Apple cider vinegar [E]
- 1 bottle Franks hot sauce [B]
- 7 teaspoons Miso paste [D,E]
- 1 tablespoon Rice bran oil [D]
- 1 teaspoon Maple syrup [D]
- 2 teaspoons mirin [E]
- 3 tablespoons Red wine vinegar [C]
- Few drops soy [E]
- 5 1/8 teaspoons Soy sauce [D,E] notes: (use tamari for gluten free)
- 4 teaspoons White vinegar [B]
- 2 tablespoons Chinese cooking wine [D]

Dry Goods:

- 2 tablespoons Roasted almonds [A]
- 2 cups Bread crumbs [B] You can make your own from your fave bread.
- 4 teaspoons Chilli flakes [C]
- 1 teaspoon Coriander seeds [C]
- 2 teaspoons Ground cumin [C]
- 1 tablespoon Garlic powder [B]
- 1 teaspoon Hot paprika [C]
- 240 gram Linguini [A] (approx is fine)
- 2 cup Brown rice [C, D] uncooked
- 1 teaspoon Paprika [C]
- 1 teaspoon Black sesame seeds [D] (if you have them)
- 8 teaspoons Toasted sesame seeds [D]
- 120 gram Soba noodles [E]
- 2 teaspoons White pepper [B]

Dairy:

- 1/2 cup Cottage cheese [C]
- 2 tablespoons Feta cheese [C] notes: (optional)
- 1/2 cup Freshly grated parmesan [A]
- 2 Eggs [E]
- 2 cups Greek yoghurt [B]

Meat:

- 4 Chicken breasts [B, D]
- 600 gram Rump or Skirt Steak [C]
- 100-200 grams Smoked salmon [E] I love the fillets that you can slice yourself

Fresh Produce:

- 1 Avocado [C]
- 1 Birds eye chilli [E]
- 2 Red chilli [A, C]
- 1 Head Broccoli [D]
- 1 small Green cabbage [B, E]
- 2 Carrots [E]
- 1 large bunch (3-4 cups worth) [C, E]
- 1 large Cucumber [C, D, E]
- 3 cloves Garlic [A, C]
- 1 tablespoon Freshly grated ginger [D]
- 3 lime [C,D]
- 2 1/3 cups flat leaf parsley (stalks attached) [A, B]
- 1 Lemon [A, C]
- 1 cup Mint leaves [D]
- 1/ bunch spring onion [B, C E]
- 2 Tomatoes [C]
- 1 1/3 cups Tuscan kale [E]
- 300 gram Grated zucchini [A](about 2)

Planned Recipes

[A] ZUCCHINI, CHILLI AND GARLIC LINGUINI *Serves 2*

[B] BUFFALO CHICKEN AND RANCH SLAW SALAD *Serves 4*

[C] STEAK BURRITO BOWLS *Serves 4*

[D] MISO AND SESAME CHICKEN SKEWERS WITH CUCUMBER AND MINT SALAD *Serves 4*

[E] BOWL OF HEALTH *Serves 2*