

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. I have doubled quantities for the corn fritters as the recipe is single serve. 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!

**Oil:**

- 2 tablespoons Neutral oil [E]
- 1 tablespoon Oil of choice [C]
- 3/8 cup Olive oil [A,B]
- 1 3/4 teaspoons Sesame oil [B,D,E]

**Bakery:**

- Optional: 4 pita breads [A]

**Condiments:**

- 2 teaspoons Miso paste [D,E]
- 1/2 teaspoon Fish sauce [B]
- 8 teaspoons Soy sauce or Tamari [B, D]
- 1 teaspoon Black vinegar [B] notes: or rice wine vinegar could work
- 2 tablespoons Prune juice (or Apple juice [E] notes: or a tsp of honey or maple syrup in a pinch)
- 2 teaspoons Apple cider vinegar [B]
- 3 tablespoons Rice wine vinegar [D,E]

**Dairy/Deli :**

- 1 tablespoon Butter [E] notes: or coconut oil
- 4 Boiled eggs [D]
- 2 Egg [C]
- 3 cups Hummus [A]

**Dry Goods:**

- 2/3 cup Buckwheat flour [C] notes: (or any other)
- 1 tablespoon Flour [E]
- 1 can chickpeas (for Aquafaba) [E] notes: (or 2 large egg whites)
- 1 Level tsp turmeric [E]
- 3 cups Panko crumbs [E]
- 250 gram Buckwheat noodles [D]
- 2 teaspoons Cumin [A]

- 1 tablespoon Curry powder [E]
- 1 Heaped tsp garam masala [E]
- 1 teaspoon Sumac [A]
- 300 gram Noodles of choice (I used egg white egg noodles [B] notes: but rice stick, egg or even spiralized zucchini would work)
- 1 1/2 teaspoons Paprika [A,C]
- 2.3 cup Roasted, unsalted, peanuts [B]
- 2 cups Brown rice [E]
- 2 tablespoons Sunflower seeds [A]
- 1/2 teaspoon Black sesame seeds [D] notes: (or more white!)
- 3 tablespoon White sesame seeds [E, D]
- 500 mL Salt reduced stock [E]

### **Fresh Produce:**

- 1 Avocado [D]
- 250 gram Green beans [A]
- 2 cups Bean shoots [B,D]
- 2 X bok choy [D]
- 1/4 small red cabbage finely shredded [B]
- 1 large Carrot [B]
- 1/ Hot red chilli [B]
- 3 2/3 cups Coriander leaves [B,D]
- 1.5 cup Corn kernels [C] (if using a fresh cob this should be 2 whole cobs)
- 1 large Cucumber [B, E, D]
- 2/3 cup Podded edamame (can buy in pods) [D]
- 2 Eggplant [E]
- 1 small clove of Garlic [B]
- 4 teaspoons Freshly grated ginger [B,D]
- 1 Lemon [A]
- 4 cups Mixed lettuce [E]
- 2 Limes [B, D]
- 500 gram Field mushrooms [A]
- 1 bunch spring onions [A,B,C, D]
- 4 tablespoons Finely chopped parsley [A, C]
- 2 cups Snow peas [D]
- 3 cups Spinach [D]

### **Planned Recipes**

[A] STICKY MUSHROOMS WITH GREEN BEANS AND HUMMUS *serves 4*

[B] RAINBOW NOODLE SALAD WITH CORIANDER AND PEANUT PESTO *serves 4*

[C] CORN FRITTERS *serves 2*

[D] GREEN GODDESS NOODLE BOWL WITH GINGER MISO DRESSING *serves 4*

[E] VEGAN EGGPLANT KATSU CURRY *serves 4*