

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 ingredients 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 etc:

- 1 tablespoon Olive oil to dress [A]
- 4 teaspoons Chilli oil [E]
- 10 teaspoons Olive oil [A,B,C,D]
- 1/4 teaspoon Sesame oil [E]

Bakery:

- 6 slices Wholegrain bread of choice [C] (can use gluten free)

Condiments and liquor:

- 1 tablespoon Shaoxing rice wine [E]
- 2 tablespoons Soy sauce [E]
- 1 tablespoon Red wine vinegar [C]
- 1/2 cup White wine [B]

Dairy:

- 1 cup Buttermilk [C] (or use milk and see recipe for tip)
- 1 cup Freshly grated parmesan [B,C]
- 200 gram Haloumi [A]

Dry Goods:

- 1 Bay leaf [B]
- 1 1/2 teaspoons Cayenne pepper [C,D]
- 500 ml Beef stock [B] or bone broth
- 1 cup Coconut cream [D]
- 400 gram Red lentils [D]
- 750 ml Passata [B]
- 4 litres chicken stock Stock [A,D E] (Can do 1/2 stock 1/2 water)
- 2 teaspoons Ground cumin [D]
- 1 tablespoon Fennel seeds [C]
- 2 teaspoons Garam masala [D]
- 2 teaspoons Garlic powder [C]
- 2 teaspoons Oregano [C]
- 1 tablespoon Sweet paprika [C]
- 2 cups Pearl couscous [A]
- 2 cups Brown rice [D]

Frozen:

- 40 Wonton wrappers [E]
- notes: square

Meat:

- 500 gram Lean beef mince [B] notes: (best quality you can afford)
- 200 gram Chicken mince [E]
- 2 Chicken breasts [C]
- 300 gram Prawns [E] shelled (including tails) and deveined

Produce:

- 1/2 cup Basil [A]
- 200 gram Green beans [E]
- 1 Birds eye chilli [A]
- 1 bunch Broccolini [E]
- 6.5 cups Shredded green cabbage [C, E] (wombok works for both recipes)
- 3 Carrot [B,D]
- 2 sticks Celery [B]
- 250 gram Cherry tomatoes [A]
- 1 bunch coriander [D, E]
- 1 tomato [D] optional just garnish
- 6 cloves Garlic [A, B,D E]
- 3 tablespoon Finely grated ginger [D, E] 3 inch piece)
- 1 cup Finely shredded kale [C]
- 1 bunch Flat leaf parsley [A, C]
- 3 Lemon [A,B, C]
- 1 bunch spring onion [C,D, E]
- 3 Radishes [C]
- 1 sprig Rosemary [B]
- 1 can Tomatoes (organic BPA free) [D] or 2 cups fresh tomatoes - 8 Zucchini [A,B]

Planned Recipes

[A] HALOUMI, ZUCCHINI, TOMATO AND PEARL COUSCOUS SALAD
(serves 2-4)

[B] ZUCCHINI PAPPARDELLE WITH BOLOGNESE SAUCE (FRUCTOSE FRIENDLY) (serves 4)

[C] CHICKEN SCHNITZEL WITH PARMESAN SLAW (serves 4)

[D] CREAMY SPICED LENTIL DAAL (serves 6)

[E] CHICKEN, PRAWN AND CABBAGE DUMPLINGS IN CHILLI BROTH
(serves 4)