

Your shopping list for all the meals! If you're just shopping for two this will be enough for some lunches too as most of the recipes serve 2-4. 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:

- 5 1/8 teaspoons Coconut oil [A] (or vegetable oil of choice)
- 3 tablespoons Olive oil [B,C,F]
- 2 tablespoon Rice Bran [D, E]
- 1 teaspoon Sesame oil [A]

Condiments:

- 6 teaspoons Crushed chillies in oil [E, D]
- 1 1/2 teaspoons Miso paste [B]
- 1/4 cup Miso paste [A] (white red or a mix of both)
- 6 1/4 teaspoons Soy sauce [D,E] or tamari for GF
- 1 tablespoon Sambal olek [A] (or any chilli and garlic paste)
- 1 tablespoon Rice wine vinegar [A]
- 1 tablespoon Maple syrup [C,F]

Dairy:

- 1 teaspoon Butter [D]
- 4 Eggs [D,E]
- 400 gram Firm Tofu [A]

Dry Goods:

- 1 tablespoon White pepper [D,E]
- 1 Cinnamon stick [C]
- 400 mL Coconut milk [A]
- 1/2 teaspoon Hot smoked paprika [F]
- 6 cups cooked Brown rice [A, D]
- 220 gram Rice noodles [E]
- 3/4 cup Salt [C,D]
- 4 1/2 teaspoons Toasted sesame seeds [E]
- 1 teaspoon All spice berries [C]
- a few sprigs of Thyme [C] (or just use dried)
- 1/4 cup Cashews [D] dry roasted
- 1 cup Vegetable (or chicken) stock [B]

Meat

- 2 cups Cooked chicken [D] (*you should be able to use leftovers from below*)
- 1.5 kg Whole organic free range chicken [C](or best you can afford)
- 4 x 100-150g fillets of salmon [F]notes: skin removed

Produce:

- 2 cups Blanched green beans [D]
- 250 gram Green beans [A]
- 1 cup Bean shoots [A]
- 2 head Broccoli [A,C]
- 6 cups Finely shredded cabbage [D, F] can use wombok
- 4 cups Roughly chopped leafy greens (bok choy notes: Kale, Spinach etc all work) [E]
- 1 cup Peas (fresh or frozen, of frozen allow to defrost) [F]
- 2 Carrots [D]
- 1 bunch Coriander with roots attached [A,D]
- 1 Fennel bulb [F]
- 2 tablespoons Roughly chopped fennel fronds [F]
- 4 clove Garlic [C,E]
- 2 Tbs Finely grated ginger [A, D]
- 2 Lemon [C, F]
- 2 Lime [A,D]
- 1 bunch spring onion [A, D, E]
- 1 tablespoon Oregano leaves [B] or just use dry
- 1 cup flat leaf Parsley [C]
- 2 medium Sweet potatoes [B]
- 4 Finely sliced radish [D]

Planned Recipes

[A] MISO AND GINGER TOFU CURRY *serves 4*

[B] STICKY, SLOW ROASTED SWEET POTATO *serves 4*

[C] MAPLE GLAZED ROAST CHICKEN AND BROCCOLI *serves 4 (can use leftovers in below recipe)*

[D] CHICKEN AND CABBAGE FRAGRANT FRIED RICE *serves 4*

[E] QUICK AND EASY HANGOVER NOODLES *serves 2*

[F] SOUS VIDE SALMON WITH SMOKY MAPLE DRESSING) *serves 4*