

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:

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

Bakery:

- 4 Bread buns [E]

Condiments and Liquor:

- 2 tablespoons Mayo [E] (optional)
- 1 tablespoon Red wine vinegar [E]
- 1/4 cup White wine [C]

Dry Goods:

- 3 tablespoons Chilli flakes [B,C]
- 1 can Black beans [A]
- 1 can Crushed tomatoes [A]
- 1/2 teaspoon Cumin [A]
- 150 gram Fettucini [D]
- 2 cups Chicken stock/bone broth/water [B]
- 250 gram Pearl cous cous [B]
- 1 teaspoon Smoky paprika [A]
- 1 teaspoon Chilli powder [B]
- 1 Heaped Tbs chickpea flour [D] (other flours could work this just gives a really creamy result)
- 5 1/2 teaspoons Dried oregano [A, B,E]
- 1/4 teaspoon White pepper [E]

Dairy:

- 150 gram Feta [B]
- 1/4 cup Gorgonzola [E]
- 1 cup Freshly grated parmesan cheese [C]
- notes: (can use less!)

Meat:

- 2 small Chicken breasts [B]
- 600 gram Lamb mince [E]
- 600 gram Prawns [C] notes: shells on

Produce:

- 1 1/2 cups Torn basil leaves [B]
- 2 Beetroot [E]
- 1 bunch Broccolini [C]
- 1 medium head Cauliflower [C]
- 1 bunch coriander with roots attached [A]
- 1 continental Cucumber [A, E] (replaces Lebanese cucumber in E)
- 7 clove Garlic [A,C,D,E]
- 1 Jalapeno chilli [A]
- 1 bunch Flat leaf parsley [C, D]
- 400 gram Pumpkin [B]
- 1 Lemon [B]
- 1 Lime [A]
- 400 gram Mushrooms [D]
- 1 bunch of Spring onion [A, B, C]
- 2 cups Flat leaf parsley [B, D]
- 4 Sweet potatoes [A]
- 2 cups baby rocket
- 3 Stalks of Tuscan Kale [C]

Planned Recipes

[A] BAKED SWEET POTATOES WITH CHEDDAR, BLACK BEANS AND GREEN SALSA *serves 4*

[B] GRILLED CHICKEN BREAST WITH PEARL COUSCOUS, FETA AND CHILLI PUMPKIN SALAD *serves 4*

[C] GARLIC AND CHILLI PRAWNS ON CHEESY CAULIFLOWER PUREE WITH WILTED GREENS *serves 4*

[D] SIMPLE VEGAN CREAMY MUSHROOM FETTUCINI *serves 2*

[E] GORGONZOLA STUFFED LAMB BURGERS *serves 4*