

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!

**Oil:**

- 2 teaspoons Coconut oil [D]
- 1 teaspoon sesame oil [A, E]
- 8 1/8 teaspoons Olive oil [C,E]

**Condiments:**

- 2 tablespoons Soy sauce [A,B,D]
- 5/8 cup Gochujang paste [E]
- 1 teaspoon Fish sauce [B]

**Pantry:**

- 1 1/2 cups Cooked pearled barley [C] (1/2 cup dry)
- 1 teaspoon Curry powder [D]
- 1/2 teaspoon Garam masala [D]
- 1 can Coconut milk [B]
- 500 gram Pasta of choice (for meat balls pappardelle is lovely) [E]
- 1 can Chickpeas [D]
- 1 400ml can coconut cream [D]
- 2 cans Organic BPA free chopped tomatoes [E]
- 1/2 cup Vegetable stock [D]
- 1 teaspoon Oregano [E]
- 1 1/2 cups Cooked quinoa [C] (1/2 cup uncooked)
- 1 cup Brown rice [D]
- 2 tablespoons Peanut butter [B]
- 1 tablespoon Sesame seeds [A]
- 1/4 cup Sherry [E] or Chinese cooking wine
- 90 gram Soba noodles [A]
- 2 tablespoons Tapioca starch [E]
- 2 teaspoons Turmeric [D] notes: ground

**Dairy:**

- 3 Egg [A,E]
- 2 tablespoons Milk [E]
- 1/2 cup Yoghurt [C]

**Meat:**

- 1 Chicken breast [B]
- 500 gram Pork mince [E]
- 4 X 100-150g salmon fillets [C]

**Produce:**

- 1 1/2 cups Bean shoots [B]
- 2 Carrots [A, E]
- 1 head Cauliflower [D] (large) cut into florets
- 1 stick Celery [E]
- 1 cup Celery leaves [E] or parsley
- 1 teaspoon Finely chopped chilli [B]
- 1 tablespoon Finely chopped chives [E] optional, sub with spring onion
- 1 bunch Coriander roots attached [B]
- 1 continental cucumber [A, B]
- 1/2 cup Podded edamame [A] (can buy frozen in pods)
- 4 clove Crushed garlic [D, E]
- 1.5 tablespoon Freshly grated ginger [A, B, D]
- 2 Lemons [C, E]
- 2 Limes [A,B,D]
- 1 bunch spring onion [A, B, C, D]
- 1/3 cup Parsley [C]
- 1 medium - large Sweet potato [C]
- 3 Radishes [A, B]
- 8 Baby roma tomatoes [E]
- 1 1/2 cups Finely sliced snow peas [B]
- 2 Zucchini [C]

**PLANNED MEALS**

[A] LIME, GINGER AND SESAME SOBA NOODLE SALAD *serves 2*

[B] COCONUT POACHED CHICKEN SALAD WITH THAI PEANUT DRESSING *serves 2*

[C] BAKED SALMON WITH CITRUS HERB YOGHURT SAUCE AND GRAIN SALAD *serves 4*

[D] CAULIFLOWER AND CHICKPEA TURMERIC CURRY *serves 4*

[E] TWICE COOKED MEATBALLS IN SPICY GOCHUJANG SUGO *serves 4*