

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:**

- 1/4 cup Olive oil [B,D]
- 3 1/4 teaspoons Sesame oil [A,C,E]

**Condiments:**

- 1 teaspoon Chilli and garlic paste/sauce [C] (sirarcha or sambal olek work)
- 1 tablespoon Gochujang paste [E] notes: or chilli and garlic sauce
- 2.5 Tbs Maple syrup [A, E]
- 1 tablespoon Red miso paste [C]
- 1 cup Soy sauce [A, E] notes: (use tamari for GF)

**Dairy:**

- 100 gram Feta [D]
- 2 Eggs [C]
- 1 cup Labneh [B] or strained yoghurt

**Deli:**

- 400 gram Tofu [E]

**Dry Goods:**

- Optional: 2 crispy gyoza wrappers [A]
- 250 gram Pearl cous cous [D]
- 150 gram Dried noodles [C] notes: egg white, rice noodles etc anything that cooks quickly
- 1 teaspoon Paprika [B]
- 1/4 cup Prune juice [E] notes: or apple juice, (Can replace this with 3 Tbs maple syrup if fructose)
- 2 cups Brown rice [B, E]
- 1/4 cup Rice wine vinegar [A,C,E]
- 2/3 cup Roasted almonds [B, D]
- 2 teaspoons Black sesame seeds [A] (optional)
- 2 tablespoons Toasted sesame seeds [A,E]
- 1 cup Brown short grain rice [A]

- Soy to serve [A]
- 20 gram Dried wakame seaweed [A]
- 2 teaspoons Toasted sesame seeds to serve [A]
- 3 tablespoons Za'atar spice mix [B]
- 3 cups vegetable stock [B,D]

**Produce:**

- 3 bunches Asparagus [D]
- 1 Avocado [A]
- 1 cup Bean shoots [C]
- 1 1/2 cups Finely shredded cabbage [C]
- 4 Carrot [C,E]
- 1 Cauliflower [B]
- 2/3 cup Coriander leaves [C, E]
- 1/2 Continental cucumber [A]
- 1/4 cup Dill [D] (optional)
- 2 cups Broad beans [D] frozen are fine
- 1/2 cup Edamame, podded [A] frozen are fine
- 3 tablespoon Freshly grated ginger [A,C, E]
- 1 cup Finely shredded iceberg [A] romaine or cos lettuce
- 1 lemon [D]
- 1/4 cup Flat leaf parsley leaves [D]
- 2 1/2 cups Mint leaves [B,D]
- 1/4 cup Onion [B] use the green part of spring onion to make it low fructose
- 1 bunch spring onion [ A, D, E]
- 1/3 cup Finely chopped flat leaf parsley [D]
- 1/2 Pomegranate [B]
- 2 cup peas [C, E] frozen is fine
- 7 Radish [A,C,E] approx., 1 bunch is fine

**Planned Recipes**

[A] AVOCADO AND CUCUMBER SUSHI BOWL *serves 2*

[B] ZA'ATAR ROASTED CAULIFLOWER WITH SPICED RICE, MINT, POMEGRANATE AND LABNEH *serves 2-4*

[C] QUICK SPICY VEGETARIAN RAMEN *serves 2*

[D] ASPARAGUS, BROAD BEAN AND MINT COUS COUS SALAD *serves 2*

[E] KOREAN BBQ TOFU BOWLS *serves 2*