

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:

- 2/3 cup Olive oil [A,B,C,D,E]

Condiments:

- 4 1/2 teaspoons Chipotle sauce [D]
- 3 tablespoons Tahini [A]
- 1 tablespoon Mayonnaise [D]
- 2 TBS Apple cider vinegar [D]

Bakery

Optional: Fresh bread for the soup (I would buy this on the day)

Dairy:

- 1/2 cup Freshly grated parmesan [B]
- 2 Eggs [D]
- 1 cup Natural yoghurt [D]
- 200 gram Haloumi [C]

Dry Goods:

- 1 teaspoon Chilli powder [D]
- 1 1/2 teaspoon Cumin ground [A, E]
- 2 1/2 teaspoons Cumin seeds [E]
- 1 cup Split red lentils [E]
- 240 gram Linguini [B]
- 1 tablespoon Oregano [D]
- 1 1/2 teaspoons Paprika [A,D]
- 2 cups Pearl couscous [C]
- 1.5 cup Uncooked quinoa [A, D]
- 1 cup Spelt flour (or wholemeal) If gf try a mixture of besan [D]
- 1.5L Stock [C, E]
- 1/2 teaspoon Allspice [E]
- 2 tablespoons Roasted almonds [B]
- 1 teaspoon Red chilli powder [E]

- 1/2 teaspoon Ground ginger [E]
- 1/2 teaspoon All spice [A]
- 1/2 cup Sunflower seeds [A]

Produce:

- 1 Avocado [D]
- 1/2 cup Basil [C]
- 1 Birds eye chilli [C]
- 2 teaspoons Finely chopped red chilli [B]
- 1 kg Carrots [D, E]
- 1 head Cauliflower [A]
- 2 sticks Celery [E]
- 1 small Celeriac [D] or other root vegetable
- 250 gram Cherry tomatoes [C]
- 4 clove Garlic [A,B,C, E]
- 1 large bunch Flat leaf parsley [B, C, D]
- 3 Lemons [A, B, C,D]
- 1 bunch spring onion [A, D]
- 2 medium Sweet potatoes [D]
- 5 Radish [D]
- 600 gram Grated zucchini [B, C] (about 4)

Planned Recipes

[A] ROASTED CAULIFLOWER AND QUINOA SALAD WITH TAHINI LEMON DRESSING (serves 2-4)

[B] ZUCCHINI, CHILLI AND GARLIC LINGUINI (serves 2)

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

[D] ROOT VEGETABLE FRITTERS WITH AVOCADO AND PICKLED RADISH SALSA (serves 2)

[E] SPICED CARROT AND LENTIL SOUP (serves 4)