

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 teaspoons Rice bran oil [C]
- 2 teaspoons Coconut oil [D]
- 3 tablespoons Olive oil [A, B, E]

Bakery:

- 4 Rolls [E] or burger bun, sliced in half

Condiments:

- 2 teaspoons Crushed chillies in oil [C]
- Peanut sauce [B]
- 6 teaspoons Soy sauce [B, C,D]or tamari for GF
- Sirarcha sauce [E] notes: or chilli chutney to taste
- 1 tsp maple syrup [B]
- 1/3 cup Crunchy peanut butter [B]

Dry Goods:

- 1 tablespoon Chilli flakes [B]
- 1 teaspoon Curry powder [D]
- 2 teaspoons ground Turmeric [D]
- 150 gram Fettucini [A]
- 1/2 cup French puy lentils [E]
- 1/2 teaspoon Garam masala [D]
- 2 teaspoons Paprika [E]
- 2 cups Brown rice [D]
- 220 gram Rice noodles [C]
- 6 Tbs Toasted sesame seeds [B, C]
- 200 gram Vermicelli noodles [B]
- 2/3 cup bread crumbs [B]
- 1 teaspoon White pepper [C]
- 1 can Chickpeas [D]
- 1 400ml can coconut cream [D]
- 1/2 cup Vegetable stock [D]

- 1 Heaped Tbs chickpea flour [A] (other flours could work this just gives a really creamy result)
- 2/3 cup Flour (buckwheat, plain, wholemeal or spelt flour would all work) [E]

Dairy/ Deli:

- 1/4 cup Grated strong provolone [E] (optional)
- 5 Eggs [B, C,E]
- 1/4 cup Hummus [E]
- 400 gram Firm Tofu [B]

Produce:

- 1 Avocado [E]
- 1 head Broccoli [B]
- 5 Carrots [B, E]
- 4 cups Roughly chopped leafy greens (bok choy, Kale or Spinach) [C]
- 1 head Cauliflower [D]
- 1/2 cup Coriander leaves [B]
- 4 clove garlic [A,B,C, D]
- 1 tablespoon Freshly grated ginger [B,D]
- 1 bunch Flat leaf parsley leaves [A,E]
- 2 Lime [D, B]
- 600 gram Mushrooms [A, B]
- 1 bunch spring onion [B, C, D, E]
- 2 cups Rocket [E]
- 1 Tomato [E]
- 1 large Zucchini [E]

Planned Recipes

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

[B] RICE NOODLE BOWLS WITH THAI PEANUT SAUCE AND SESAME TOFU SCHNITZEL STRIPS *serves 4*

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

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

[E] VEGGIE BURGER *serves 4*