

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:**

- 1/3 cup Dessicated coconut [D]
- 4 1/2 teaspoons Oil [C] notes: or ghee
- 10 teaspoons Olive oil [A,B,E]

**Bakery:**

- 4 corn Tortillas [E]

**Condiments:**

- 2 tablespoons Soy sauce [D]
- 2 tablespoons Rice wine vinegar [D]
- 1 teaspoon Maple syrup [D] notes: (optional)
- 1 teaspoon Dijon mustard [A]
- 1/4 cup Crunchy peanut butter [D] (all natural)

**Dairy/ Deli:**

- 2 tablespoons Feta [E]
- 1 cup + 1 tablespoon Grated parmesan, with rind [A]
- 1.5 cup + 1 Tbs Freshly grated sharp aged cheddar [A, E]
- 1 1/4 cups Plain unsweetened yoghurt [C]
- 400 gram Extra firm tofu [D] (or firm)

**Dry Goods:**

- 1 teaspoon Chili powder [C]
- 1/2 teaspoon Cumin [B]
- 4 teaspoons Cumin seeds [C,E]
- 1 teaspoon Garam masala [C]
- 2 cups Uncooked medium grain brown rice [C, D]
- 1 1/2 teaspoons Oregano [B]
- 2 1/2 teaspoons Hot smoked paprika [B, E]
- 500 gram Pasta [A] short tubes, macaroni or elbows.

- 3/4 cup Urad dal lentils [C] (in the Indian section, see recipe for substitutions)
- 1 teaspoon Chilli powder [C]
- pinch Fenugreek [C] (optional)
- 1.5 litre Vegetable stock [A, E]
- 2x 400g can chopped tomatoes [B, C]
- 1/3 cup Coconut flakes [D]
- 1 can Black beans [B]
- 1/4 cup Red kidney beans [C]

**Produce:**

- 2 Avocado [D,E]
- 1 Red capsicum [E] or red bullhorn chilli
- 1 Carrot [C]
- 1.5 kg Cauliflower [A]
- 1 stick Celery [C]
- 1 bunch Coriander roots attached [B, E]
- 2 Corn cobs [E]
- 1 continental Cucumber [B, C]
- 2 Lebanese cucumbers [D]
- 1/2 cup Podded edamame [D] frozen are fine
- 1 head of garlic [A,B, C, E]
- 3 tablespoon Finely grated ginger [C, D]
- 3 Jalapeño chilli [B,E] (omit 1 if using bullhorn chilli)
- 3 Lime [B,D,E]
- 1 bunch mint [C, D]
- 1 bunch spring onion [B, C, D, E]
- 4 Sweet potatoes [B]
- 2 Radishes [E]
- 1 kg Tomatoes [E]

**Planned Recipes**

[A] CAULIFLOWER MAC 'N' CHEESE WITH ROASTED CAULIFLOWER  
*serves 4*

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

[C] DAHL MAKHANI (NO CREAM!) *serves 4*

[D] CRISPY SATAY TOFU WITH COCONUT RICE AND CUCUMBER, AVOCADO SALAD *serves 4*

[E] ROASTED TOMATO AND RED PEPPER TORTILLA SOUP WITH GRILLED SWEET CORN AND AVOCADO *serves 4*