

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 Coconut oil [B]
- 1 teaspoon Oil [C]
- 5/8 cup Olive oil [A,D,E]

**Condiments:**

- 1 teaspoon Soy sauce [B]
- 1 teaspoon Fish sauce [B]
- 2 teaspoon White vinegar [A, D]

**Dry Goods:**

- 1 cup Fresh breadcrumbs [E]
- 1 tablespoon Dried oregano [C]
- 1/4 teaspoon White pepper [E]
- 2 Cardamon pods [D]
- 2 cups Chicken stock [D]
- 2 litres Vegetable stock [B]
- 2 teaspoons Chilli flakes [A,D]
- 1 teaspoon Coriander seeds [D]
- 2 tablespoons Red curry paste [B]
- 150 mL Coconut milk [B]: or cream, (plus extra for serving)
- 1/2 teaspoon Paprika [D]
- 250 gram Dry pasta [A]
- 1/2 cup Red lentils [B]
- 2 cups quinoa [C, D]
- 1/2 cup Roasted sunflower seeds [A]
- 1 tablespoon Sesame seeds [D]

**Dairy:**

- 2 teaspoons Butter [E]
- 1/2 cup Freshly grated parmesan [A]
- 5 Eggs [A, E]
- 2/3 cup Thickest Greek yoghurt you can buy [D]

**Meat:**

- 3 Chicken breast [C,E]
- 2 ocean trout fillets [D] (150-200g each)

**Produce:**

- 1 bunch Asparagus [C]
- 1 Avocado [C]
- 1 1/2 cups Basil [A]
- 5 cups Baby Peas [A, C, E] frozen are fine
- 2 cups Green beans [C]
- 400 gram Butternut pumpkin [B]
- 1.5 kg Jarrahdale grey pumpkin [B] or any pumpkin see recipe for tips!
- 1 cup Shredded red cabbage [D] (1/4 small red cabbage is heaps)
- 1/2 cup Carrot [D]
- 1 large Red chilli [B]
- 1 bunch Coriander with stems attached [B, D]
- 2 tablespoons Crispy shallots [B] optional
- 1 Cucumber [C]
- 3 Garlic clove [C, D, E]
- 1 bunch Flat leaf parsley leaves [D, E]
- 3 Lemons [A,C,E]
- 4 cups Shredded lettuce (ice berg cos or romaine) [C]
- 2 Limes [B, D]
- 1 bunch spring onion [A,C, E]
- 2 medium Potatoes [E]
- 1 Sweet potato [D]
- 1 tablespoon Fresh rosemary [C] finely chopped (or 1/2 of dried)
- 1/3 A bunch of Tuscan kale [D]
- 2 X zucchini [C]

**Planned Recipes**

[A] PASTA WITH A CRUSHED PEA AND BASIL PESTO (*serves 4*)

[B] RED CURRY PUMPKIN SOUP (*serves 4*)

[C] GREEN CHICKEN PESTO SALAD BOWL (*serves 4*)

[D] CRISPY SKIN OCEAN TROUT BOWLS WITH CORIANDER YOGHURT  
(*serves 2*)

[E] BAKED CHICKEN KIEV WITH HOME MADE WEDGES (*serves 2*)