

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. One this week makes more than that but freezes well! 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 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 tablespoon Coconut oil [A]
- ¼ cup Olive oil [B,C,E]

Dry Goods:

- 1/2 cup Roughly chopped almonds [C]
- 1 //4 tsp cinnamon [E]
- 1/2 teaspoon Cumin [C]
- 2 teaspoons Cumin seeds [A]
- 1/2 teaspoon Garam masala [A]
- 2 teaspoons Dried oregano [E]
- 1/4 teaspoon Garlic powder [E] (optional)
- 2 1/2 teaspoons Paprika [A,C]
- 1 cup brown rice [E]
- 2 teaspoons Turmeric [A]
- 1 teaspoon Cacao powder [E]
- pinch Cayenne pepper [E]
- 1/2 teaspoon Cayenne pepper [A]
- 1 Heaped Tbs chickpea flour [B] (other flours could work this just gives a really creamy result)
- 1/2 cup Peanut butter [A] (smooth or crunchy, no additives other than salt!)
- 1 cup Dashi/water/stock [D]
- 1 1/4 litres Vegetable stock [A]
- 150 gram Fettucini (use gluten free if you need to) [B]
- 1 cup Flour [D] spelt, chickpea, buckwheat and plain all work
- 1 cup Peanuts [A]
- 2 X 400g cans chickpeas [C]
- 100 gram Chipotle peppers in sauce [E]
- 1 cup Red lentils [A]

Condiments:

- Kewpie mayo [D]
- Okonomiyaki sauce/ kecap manis/ mushroom soy [D]
- Pickled ginger [D]
- 1/4 cup Tahini [C]

Dairy/Deli:

- 1 Egg [D]
- 400 gram Firm tofu [E]

Produce:

- 1 Avocado [E]
- 1 small head Broccoli [E]
- 1/2 Butternut pumpkin [C]
- 1/2 Cabbage (red or green) [D, E]
- 2 Carrots [E, D]
- 1 small Carrot [D]
- 1 cup Finely diced celery [A]
- 1 Red chilli [D]
- 1 bunch Coriander roots attached [A, D,E]
- 5 whole cloves Garlic [A, B, C, E]
- 2.5 Tablespoons Ginger [D] freshly grated
- 2 cups Finely shredded kale [E]
- 1 Lemon [C]
- 1 Lime [A] optional
- 4 teaspoons Lime juice [E]
- 400 gram Mushrooms [B]
- 2/3 cup flat leaf parsley [B]
- 1 Bunch spring onion [A, C, D, E]
- 5 medium Sweet potatoes [A]
- 250 gram Baby spinach leaves [C]
- 2 Tomatoes [A]

Planned Recipes

[A] SWEET POTATO, PEANUT AND RED LENTIL CURRY *serves 4 – I halved the recipe*

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

[C] PUMPKIN, CHICKPEA AND TAHINI SALAD *Serves 2-4*

[D] VEGETARIAN OKONOMIYAKI *serves 2*

[E] CHIPOTLE TOFU BOWLS *serves 4*