

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.. 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 Olive oil [A,D,E]
- 2 tablespoons Coconut oil [C](or oil of choice)

Condiments:

- 1 tablespoon Maple syrup [D]
- 1 teaspoon Fish sauce [B]
- 3 tablespoons Tahini [D]

Dairy:

- 4 1/2 teaspoons Butter [A]
- 1/4 cup Parmesan cheese [A]
- 1/2 cup Sharp aged cheddar freshly grated [A]
- 4 Boiled eggs [C]
- 3 Eggs [E]
- 2/3 cup Milk [A]

Dry Goods:

- 1 tablespoon Fresh bread crumbs sourdough [A]
- 1 teaspoon Curry powder [C]
- 2 cups Desiccated coconut [E] (no added sugar)
- 250 gram Noodles (thin rice stick, egg noodles, angel hair pasta your choice) [C]
- 2 teaspoons Paprika [C]
- 2 tablespoons Pumpkin seeds [D]
- 4 cups Quinoa [D,E]
- 2 cups Cooked brown rice [B]
- 1 2/3 cup Salt reduced stock [A, C]
- 2 teaspoons Turmeric [C]
- Pinch Chilli powder [D]
- 1/8 teaspoon Chilli powder [D]
- 1 teaspoon Dried oregano [D]
- 3/4 cup Buckwheat flour [E]
- 1 1/2 teaspoons Cayenne pepper [C,E]
- 4 Tbs chickpea Flour [A, C]

- 2 tablespoons Sunflower seeds [D]
- 1/2 cup Roasted peanuts [B]
- 1 cup Sesame seeds [E]
- 4 1/2 teaspoons Massaman curry paste [B]
- 1 tablespoon Tomato paste [C]
- 1 400ml can of coconut cream [B]
- 1/2 cup Coconut cream [C]

Produce:

- 2 cups Bean shoots [C, B]
- 1 Birdseye chilli [B]
- 1 kg Cauliflower [E]
- 1 cup Cherry tomatoes [A]
- 2 Baby cos lettuce [E, A]
- 1 bunch coriander [B, C]
- 5 Garlic cloves [A, C]
- 1 tablespoon Finely chopped flat leaf parsley [A]
- 1 Lemon [D]
- 1 Lime [B]
- 600 gram Mushrooms [C]
- 1 bunch Spring onion [C, B]
- 7 Small-medium sweet potatoes [B, D]
- 500 gram Pumpkin [A] butternut
- 100 gram Snow peas [C]
- 4 cups Spinach leaves [B]
- 1 Tomato roughly chopped [C]
- 300 gram Green beans
- 4 cups mixed lettuce [D]
- 1/3 cup Chick pea sprouts (or any sprout)
- 1 Avocado [D]
- 5 Sprigs thyme [A]

Planned Recipes

[A] ROAST PUMPKIN, TOMATO AND THYME PASTA BAKE (*serves 2*)

[B] SWEET POTATO AND SPINACH MASSAMAN CURRY (*serves 4*)

[C] BURMESE STYLE NOODLES WITH MUSHROOM CURRY SAUCE
(*serves 4*)

[D] EASY SWEET POTATO BUDDHA BOWL WITH MAPLE TAHINI
DRESSING (*serves 4*)

[E] CRISPY COCONUT AND SESAME CAULIFLOWER (*serves 4*)