

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 3 for which recipes you'll need to double. The letters at the end 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, as they are staples that last a while so you may already have them!

**Oil:**

- 1 tablespoon Oil [A]
- 3/4 cup Olive oil [B,C,D,E]

**Canned Goods:**

- 500 mL Beef stock [C] notes: or bone broth
- 750 mL Passata [C]
- 1/3 cup Crunchy peanut butter [A]

**Condiments:**

- 2 tablespoons Malt vinegar [E] notes: (or apple cider vinegar)
- 2 tsp maple syrup [A, B]
- 1 teaspoon Vinegar [D]
- 2 tablespoons Red wine vinegar [F]

**Dairy:**

- 1/3 cup Freshly grated parmesan [C]
- Parmesan to serve [C]
- 1 egg [A]
- 2/3 cup Sharp aged cheddar [F]
- 2/3 cup Thickest Greek yoghurt you can buy [D]
- 400 gram Firm Tofu [A]

**Dry Goods:**

- 1 Bay leaf [C]
- 1/4 teaspoon Cayenne pepper [E]
- 5 TBS Sesame seeds [A, D]
- 2/3 cup bread crumbs [A]
- 2 teaspoons Soy sauce [A]
- 2 Cardamon pods [D]
- 2 cups Chicken stock [D]
- 3 tablespoons Chilli flakes [A,D, E]
- 1/8 teaspoon Chilli powder [F]

- 1 teaspoon Coriander seeds [D]
- 1/4 teaspoon Cumin [F]
- 1/2 teaspoon Garlic powder [B]
- 1 teaspoon Oregano [F]
- 3 teaspoon Smoked hot paprika [D, E, F]
- 3 tablespoons Potato flour [E] notes: or cornflour
- 1 teaspoon Rapadura sugar [E]
- Black pepper [C]
- 3/4 teaspoon Black pepper [B,F]
- 2 cups quinoa [B, D]
- 4 3/4 teaspoons Salt [B,D,E,F]
- 1 teaspoon Turmeric [E]
- 200 gram Vermicelli noodles [A]

**Liquor:**

- 1/2 cup White wine [C]

**Meat:**

- 500 gram Lean beef mince [C] notes: (best quality you can afford)
- 1.3 kg Chicken [E]notes: cut into 8-10 pieces on the bone
- 1 Chicken breast (organic [B] notes: free range)
- 2 Ocean trout fillets [D] notes: (150-200g each)

**Fresh Produce:**

- 1/2 Avocado [B]
- 2 head Broccoli [A,E]
- 1 cup Shredded red cabbage [D]
- 1/2 Red capsicum [B]
- 7 Carrots [A,C, D]
- 2 sticks Celery [C]
- 3/4 cup Coriander leaves [A,B]
- 1 bunch coriander with roots attached [B,D]
- 1 Lebanese cucumber [B] notes: or 1/2 a continental cucumber
- 1 small clove Crushed garlic [D]
- 7 cloves Garlic [A,C,E,F] notes: crushed
- 2 teaspoons Freshly grated ginger [A]
- 2 cups Flat leaf parsley [F] notes: (can include stalks)
- 2 Lemon [C, F]
- 3 cups Mixed lettuce leaves [B]
- 3 limes [A,B,D]
- 2 cups Mushrooms [A]notes: finely sliced
- 1 bunch spring onion [A, B, F]
- 1/4 cup Finely chopped parsley [D]
- 4 large Potatoes [F]
- 1 Sweet potato [D]
- 1 sprig Rosemary [C]
- 1/3 A bunch of Tuscan kale [D]
- 6 Zucchini [C]

## Planned Recipes

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

[B] CORIANDER AND LIME CHICKEN SALAD *serves 2*

[C] ZUCCHINI PAPPARDELLE WITH BOLOGNESE SAUCE (FRUCTOSE FRIENDLY) *serves 4*

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

[E] CRISPY BAKED CHICKEN AKA FINGER-LICKIN-CHICKEN *serves 4*

[F] SPICE BAKED POTATOES WITH AGED CHEDDAR AND CHIMICHURRI *serves 4*