

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:

- 7 1/2 teaspoons Oil [B,C] notes: or ghee
- 1/3 cup Olive oil [A,D]

Bakery:

- 4 Soft burrito wraps [D]

Canned Goods:

- 1/2 cup Cooked black beans [D]
- 1/3 cup + 1 Tbs coconut cream [E]
- 1/4 cup Red kidney beans [C]
- 5/8 cup Crunchy peanut butter [B,E]
- 1 400g can of crushed tomatoes [A] notes: (BPA free!)
- 1 400g can chopped tomatoes [C] notes: (or fresh if in season)
- 1 cup Tomato pasata [A]

Condiments:

- 2 teaspoons Soy sauce [B]
- 1 tsp maple syrup [B]
- 1 teaspoon Soy sauce [E]
- 1/4 teaspoon Fish sauce [E]
- 4 1/2 teaspoons Red wine vinegar [D]

Dairy:

- 1 cup Grated sharp aged cheddar [D]
- 1 1/4 cups Plain unsweetened yoghurt [C]
- Freshly shaved parmesan [A]
- 1 egg [B]

Dry Goods:

- 500 gram Spelt penne [A]
- 4 TBS Sesame seeds [B]

- 2/3 cup bread crumbs [B]
- 1 tablespoon Dried oregano [A]
- 2 teaspoon Chili powder [C]
- pinch Fenugreek [C]notes: (optional)
- 3 tablepoons Chilli flakes [A, B,D]
- 1 teaspoon Cumin [D]
- 2 teaspoons Cumin seeds [C]
- 1 teaspoon Garam masala [C]
- 1 teaspoon Paprika [D]
- 1/4 cup Roasted peanuts [E]
- 3 cups Cooked brown rice [C,D]
- 270 gram Udon noodles [E]
- 3/4 cup Urad dal lentils [C]
- 200 gram Vermicelli noodles [B]

Liquor:

- 1/2 cup Dry white wine [A] notes: (can leave out if you don't have on hand)

Fresh Produce:

- 1 Avocado [D]
 - notes: finely sliced
- 1/2 cup Basil leaves [A]
 - notes: (to serve)
- 1 cup Bean shoots [E]
- 1 head Broccoli [B]
- 1 Green capsicum [E]
 - notes: or red, finely sliced
- 1/2 Red capsicum [D]
- 6 Carrot [B,C,E]
 - notes: spiralized
- 1 small Carrot [A]
 - notes: finely diced
- 2 stick Celery [A,C]
 - notes: finely diced
- 1 1/2 Red chilli [D,E]
 - notes: (remove seeds and membrane if you're not a fan of heat)
- 1 bunch Coriander (stalks included [D, E])
- 3/4 cup Coriander leaves [B,D]
- 1/3 cup Diced cucumber [C]
- 1 bunch kale [E, D]
- 2 medium Eggplants [A]
- 1 cloves Garlic [B]
- 9 cloves of Garlic [A, C, D]
- 6 teaspoons Freshly grated ginger [B,C,E]
- 1 Jalapeno chilli [D]
- 2 Lime [B, D, E]
- 1 tablespoon Finely chopped mint [C]
- 3 cups mushrooms [B, D]

- 4 large Flat mushrooms [D]
- 1 bunch spring onion [B,C, D, E]
- 1 Sweet potato [E]
- 2 Radishes [E]
- 1 Tomato [D]

Planned Recipes

[A] ROASTED EGGPLANT RAGU PENNE

[B] RICE NOODLE BOWLS WITH THAI PEANUT SAUCE AND SESAME TOFU SCHNITZEL STRIPS

[C] DAHL MAKHANI (NO CREAM!)

[D] MUSHROOM AND AVOCADO BURRITO WITH CRISPY CHEESE

[E] SATAY NOODLES WITH SWEET POTATO