

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:

- 2 teaspoons Coconut oil [B]
- 3 tablespoons Olive oil [A,E]
- 1/2 teaspoon Sesame oil [C]

Pantry:

- 2 teaspoons Chilli flakes [D]
- 1 teaspoon Ground cumin [E]
- 2 teaspoons Cumin seeds [E]
- 1 teaspoon Curry powder [B]
- 1/2 teaspoon Garam masala [B]
- 1 cup Flour (if gluten free: buckwheat and besan works well) [D]
- 300 gram Linguini [A]
- 12 Corn tortillas (I used 12cm ones notes: taco size) [E]
- 2 cups Cooked black beans (can use canned) [E]
- 1 can Chickpeas [B]
- 1 400ml can coconut cream [B]
- 750ml Vegetable stock [B,D,E]
- 2 1/2 teaspoons Hot smoked paprika [E] (sub for sweet if not into heat)
- 2 cups Brown rice [B]
- 1 tablespoon Sesame seeds [C]
- 90 gram Soba noodles [C]
- 2 teaspoons Soy sauce [B,C]
- 2 teaspoons Turmeric [B] ground

Fresh Produce:

- 1 medium head Broccoli [D]
- 3 Capsicum [A]
- 1 Red capsicum [E] notes: or red bullhorn chilli
- 2 Carrots [C,E]
- 1 head Cauliflower [B] (large)
- 2 sticks Celery [A] notes: (or half a brown onion if not fructose sensitive)
- 1/3 cup Chives [D] notes: or the green part of spring onion finely chopped
- 1 small bunch coriander [E (B and C as garnish)]
- 1 Lebanese cucumber [C] or 1/2 a continental cucumber

- 1/2 cup Podded edamame [C] (can buy in pods frozen)
- 8 cloves Crushed garlic [A,B, E]
- 1 tablespoon Freshly grated ginger [B,C]
- 1 Jalapeño chilli [E] (omit if using bullhorn chilli)
- 1 teaspoon Lemon zest [D]
- 2 Limes [B, C]
- 1 bunch spring onion [B, C, E]
- 1/3 cup brown Onion (can use spring onion instead) [E]
- 2 medium Sweet potatoes [E] (you want 4 cups grated potato)
- 2 Radishes [C] optional!
- 3 cups Rocket [A]
- 1 can Organic tomatoes [A]
- 1 kg Tomatoes [E] (or replace with canned)

PLANNED RECIPES

A) ROAST CAPSICUM LINGUINI WITH PECORINO AND ROCKET *serves 4*

[B] CAULIFLOWER AND CHICKPEA TURMERIC CURRY *serves 4*

[C] LIME, GINGER AND SESAME SOBA NOODLE SALAD *serves 2*

[D] BROCCOLI AND PARMESAN FRITTERS *makes 12 fritters*

[E] SWEET POTATO AND BLACK BEAN ENCHILADAS *serves 4*