

Your shopping list for all the meals! If you're just shopping for two this will be enough for some lunches too as most of the recipes serve 2-4. 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 ingredients 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 etc:

- 7 teaspoons Coconut oil [A,D] (or vegetable oil of choice)
- 11 teaspoons Olive oil [C,E]
- 1 1/2 teaspoons Sesame oil [B,D]

Condiments:

- 1/4 cup Miso paste (white, red or a mix of both) [D]
- 2 teaspoons Soy sauce [A,B]
- 1 tablespoon Sambal olek [D] (or any chilli and garlic paste)
- 1 tablespoon Maple syrup [C]

Dry Goods:

- 1/2 teaspoon Chilli flakes [C]
- 1/2 teaspoon Cumin [C]
- 2 tablespoons Red curry paste [A]
- 300 gram Linguini [E]
- 550 mL Coconut milk [A,D] or cream, (plus extra for serving)
- 3 cups cooked Brown rice [D] (cooked, 1 cup uncooked)
- 1/2 cup Wild rice [C]
- 1 tablespoon Rice wine vinegar [D]
- 1/2 cup Pecans [C]
- 90 gram Soba noodles [B]
- 4 sprigs Thyme [C]
- 1 tablespoon Sesame seeds [B]
- 1/2 teaspoon Sumac [C]
- 1/2 cup Red lentils [A]
- 2 litres Vegetable stock [A]

Deli/ Dairy:

- 400 gram Firm Tofu [D]
- 80 gram Feta [C]
- 1 tablespoon Freshly grated pecorino cheese [E]
- 1/2 cup Shaved pecorino cheese [E]
- 2 Eggs [B]

Produce:

- 250 gram Green beans [D]
- 1 cup Bean shoots [D]
- 1 head Broccoli [D]
- 600 gram Butternut pumpkin [A, C]
- 1.5 kg Jarrahdale grey pumpkin [A] or any pumpkin see recipe for tips
- 3 Red Capsicum [E]
- 1 large Carrot [B]
- 2 sticks Celery [E] (or half a brown onion if not fructose sensitive)
- 1 Tbs slice Red chilli [A]
- 1 bunch Coriander with roots attached [A,D]
- 2 tablespoons Crispy shallots [A] optional
- 1 Lebanese cucumber [B] or 1/2 a continental cucumber
- 1/2 cup Podded edamame [B]
- 2 cloves Garlic [E]
- 5 1/8 teaspoons Freshly grated ginger [B,D]
- 1 Lemon [C]
- 3 Limes [A, B, D]
- 1 bunch spring onion [B, C, D]
- 2 Radishes [B]
- 3 cups Rocket [E]
- 1 can Organic tomatoes [E]
- 10 Stalks of tuscan kale [C]

Planned Recipes

[A] RED CURRY PUMPKIN SOUP (*serves 4*)

[B] LIME, GINGER AND SESAME SOBA NOODLE SALAD (*serves 2*)

[C] CRUNCHY, SALTY, SWEET ADDICTIVELY GOOD PUMPKIN AND KALE SALAD (*serves 4*)

[D] MISO AND GINGER TOFU CURRY (*serves 4*)

[E] ROAST CAPSICUM LINGUINI WITH PECORINO AND ROCKET (*serves 4*)