Rice, Cereal & Legumes

- ◯ Green lentils 200g
- ◯ Konjac noodles 100g
- ◯ Orzo 125g
- ◯ White beans 400g

Frozen Foods

- ◯ Frozen spinach 200g

Condiments & Spices

- ◯ Basil leaves 10g

Dairy

- ◯ Parmesan 20g

Seafood

- ◯ Salmon fillets 300g

Vegetables

- ◯ Asparagus 150g
- ◯ Fresh root ginger 30g
- ◯ Mangetout 150g
- ◯ Peas 150g
- ◯ Shiitake mushrooms 150g
- ◯ Spinach 100g
- ◯ Spring onions 100g
- ◯ White onion 150g
- ◯ Wild garlic or basil 25g

Canned Goods

- ◯ Roasted red peppers 400g
- ◯ Vegetable stock 325ml + 1 cube

Meat

- ◯ Chicken thighs 800g
- ◯ Lean turkey or chicken mince 200g

Fruits

- ◯ Lemon 1 unit
- ◯ Lime 1 unit
- ◯ Prunes 30g