

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