



- These recipes are for 4 people.
- Quantities are included in the meal plan but not the shopping list. The reason for this is that Ocado won't search for a quantity. Instead cut and paste the list into the search and select the quantity you need. (You only need to do this once, then you can save your list for future)

| Bowls of Goodness 2 |                                                                                                                                                                    |                         |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| Meal                | List                                                                                                                                                               | Recipe                  |
| Dhal Tadka          | 400g red lentils<br>3 tbsp coconut oil<br>4 shallots<br>3 cloves garlic<br>1 tbsp ground almonds<br>1 lime<br>1 tbsp tomato puree<br>1 tsp freshly ground turmeric | Bowls of Goodness pg 40 |

|                                     |                                                                                                                                                                                                                                                                                                |                         |
|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
|                                     | 1 tsp ground cumin<br>1 tsp mustard seeds<br>1 tsp ginger<br>1 tsp ground coriander<br>½ red chili<br>1 tsp coconut sugar<br>fresh coriander<br>naan bread                                                                                                                                     |                         |
| Baja Mexican                        | 200g quinoa<br>Cherry tomatoes<br>1 onion<br>1 red pepper<br>1 lime<br>150 ml sour cream<br>1 lime<br>2 shallots<br>400g beans<br>200g puy lentils<br>2 avocados<br>1 tsp oregano<br>2 cloves garlic<br>½ teaspoon cumin<br>1-2 jalapeno peppers<br>1 tsp paprika<br>tortilla chips<br>spinach | Bowls of Goodness pg 97 |
| Tabbouleh with Feta and pomegranate | 250g millet<br>½ tsp cinnamon<br>½ tsp coriander<br>½ tsp fenugreek<br>½ tsp black pepper<br>6 tomatoes<br>1 lemon<br>1 clove garlic<br>1 tsp honey                                                                                                                                            | Bowls of Goodness pg152 |

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|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
|                         | <p>Fresh herbs<br/> 1 pomegranate<br/> 4 spring onions<br/> 250g feta cheese</p>                                                                                                                                                                                                                                      |                                          |
| Rainbow Salad           | <p>Fresh vegetables mixed<br/> 200g buckwheat<br/> 1 small cauliflower<br/> 1 small broccoli<br/> Spinach<br/> 1 mango<br/> 1 small red cabbage<br/> Mixed seeds and nuts<br/> Beansprouts<br/> strawberries<br/> 1 avocado<br/> 1 clove garlic<br/> 1 lemon<br/> Chives<br/> Parsley<br/> Fresh tarragon</p>         | <p>Bowls of<br/> Goodness<br/> pg86</p>  |
| The Loyal Lentil Chilli | <p>250g puy lentils<br/> 5 shallots<br/> 4 cloves garlic<br/> 1 ½ tsp ground cumin<br/> 1 tsp ground turmeric<br/> 1 tsp ground cinnamon<br/> 1 tsp paprika<br/> 1 tsp ground coriander<br/> 1 red pepper<br/> 2 red chilis<br/> 2 tomatoes<br/> 400g butternut squash<br/> 400ml coconut milk<br/> 1 tbsp tahini</p> | <p>Bowls of<br/> Goodness<br/> pg139</p> |

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|--|-----------------------------------------------------------------------------------------------------------------------------|--|
|  | 1 tbsp honey<br>1 lime<br>Greek yogurt<br>1 cucumber<br>4 tbsp rice vinegar<br>Fresh coriander<br>Brown rice<br>Lime wedges |  |
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red lentils  
coconut oil  
shallots  
cloves garlic  
ground almonds  
lime  
tomato puree  
freshly ground turmeric  
ground cumin  
mustard seeds  
ginger  
ground coriander  
red chili  
coconut sugar  
fresh coriander  
naan bread  
quinoa  
cherry tomatoes  
onion

red pepper  
limes  
sour cream  
beans  
puy lentils  
avocados  
oregano  
jalapeno peppers  
paprika  
tortilla chips  
spinach  
millet  
cinnamon  
fenugreek  
black pepper  
tomatoes  
lemon  
honey  
fresh herbs

pomegranate  
spring onions  
feta cheese  
fresh vegetables mixed  
buckwheat  
cauliflower  
broccoli  
spinach  
mango  
red cabbage  
mixed seeds and nuts  
beansprouts  
strawberries  
avocado  
clove garlic  
lemon  
chives  
parsley  
fresh tarragon

puy lentils  
ground turmeric  
ground cinnamon  
paprika  
red pepper  
red chilis  
tomatoes  
butternut squash  
coconut milk  
tahini  
greek yogurt  
cucumber  
rice vinegar  
fresh coriander  
brown rice