



- 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		
Meal	List	Recipe
Yogish soup	2 tbsp coconut oil 3 shallots 400g carrots 400g sweet potato Fresh ginger 2 garlic cloves 1 tbsp Ground coriander ¼ tsp cayenne pepper	Bowls of Goodness pg44

	700ml vegetable broth 400ml coconut milk 3-4 kaffir lime leaves Fresh coriander	
Mezze bowl	400g Haloumi Cheese 600g bulgur (or other grain) Rocket 100g cherry tomatoes Toasted almonds 100g grilled red peppers in oil 2 garlic cloves ½ tsp chili flakes 3 tbsp Lemon juice 400g chickpeas 2 garlic cloves 50g tahini 1 lime Coriander leaves Pitta bread Olives yogurt	Bowls of Goodness pg93
Masala and Millet Bowl	200g Millet (or other grain) 800g mixed veg to roast 200g chickpeas 1 tsp Garam masala ¾ tsp cardamom ½ tsp Cinnamon ¼ tsp Chili powder ½ tsp Paprika 2 avocados 150g mixed nuts and seeds 200g greek yogurt ½ lemon	Bowls of Goodness pg105

	Fresh mint ½ tsp ground coriander 1 garlic clove 1 tsp agave syrup	
Breadcrumb Chitarra	300g spaghetti 80g baby spinach 2 cloves garlic 250g breadcrumbs 1 lemon	Bowls of Goodness pg114



coconut oil
 shallots
 carrots
 sweet potato
 fresh ginger
 garlic
 ground coriander
 cayenne pepper
 vegetable broth
 coconut milk
 kaffir lime leaves
 fresh coriander
 haloumi cheese
 bulgur (or other grain)
 rocket

cherry tomatoes
 toasted almonds
 grilled red peppers in oil
 garlic cloves
 chili flakes
 lemon juice
 chickpeas
 tahini
 lime
 coriander leaves
 pitta bread
 olives
 yogurt
 millet
 mixed veg to roast

chickpeas
 garam masala
 cardamom
 cinnamon
 chili powder
 paprika
 avocados
 mixed nuts and seeds
 greek yogurt
 lemon
 fresh mint
 agave syrup
 spaghetti
 baby spinach
 garlic

breadcrumbs
lemon