



- 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)

Eat Feel Fresh		
Meal	List	Recipe
Chimichurri Cauliflower Rice Bowl	4 cloves garlic 500 - 700g cauliflower rice 1 butternut squash 150g cooked adzuki beans For Chimmichurri: Oregano	Eat Feel Fresh pg133

	Apple cider vinegar 2 garlic cloves Lemon Fresh flat leaf parsley Fresh coriander 1 Serrano pepper Crushed dried chillies	
Sweet Potato Chickpea Burger (without the magic sauce)	1 tsp ground flaxseed 1 large baked sweet potato 200g chickpeas 200g rolled oats Turmeric Ground cumin 2 garlic cloves Cayenne Lemon Apple cider vinegar Seeded buns	Eat Feel Fresh pg169
Palak Tofu	200g firm tofu Cumin Garam masala Garlic powder Yeast flakes coconut milk garlic 2.5 cms Fresh ginger 1 tomato 175g baby spinach Coconut cream Lime Cauliflower rice	Eat Feel Fresh pg 160
Thai Buddha Bowl	700g cooked quinoa	Eat Feel Fresh pg 129

	340g bean sprouts 340g sugar snap peas 180g grated carrot 180g grated purple cabbage Peanut sauce: 60ml coconut milk 2 tbsp almond butter 1 tsp ground ginger ¼ tsp coconut sugar 1 tsp apple cider vinegar 2 tsp coconut aminos ¼ tsp turmeric	
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garlic
cauliflower rice
butternut squash
cooked adzuki beans
oregano
apple cider vinegar
garlic
lemon
fresh flat leaf parsley
fresh coriander
serrano pepper
crushed dried chillies
ground flaxseed
sweet potato
chickpeas
rolled oats

turmeric
ground cumin
cayenne
seeded buns
firm tofu
umami
garam masala
garlic powder
yeast flakes
coconut milk
garlic
fresh ginger
tomato
baby spinach
coconut cream

lime
cauliflower rice
cooked quinoa
bean sprouts
sugar snap peas
grated carrot
grated purple cabbage
coconut milk
almond butter
ground ginger
coconut sugar
apple cider vinegar
coconut aminos
turmeric

