

Baking

- 1 1/4 cups (185g) self-raising flour
- 1 tablespoon honey
- 1 tablespoon honey (or your desired sweetener)
- 1 teaspoon honey I used local honey from the Farmer's Market
- 1/4 tsp sugar (\$0.02)

Beverages

- 1/4 cup orange juice freshly squeezed
- Canned & Packaged
- 3/4 cup black beans, canned, rinsed and drained
- 10g chopped dried porcini mushrooms
- 400g can brown lentils
- 1 tablespoon white (shiro) miso
- 4 cups (1L) Massel Chicken Style Liquid Stock
- 1 Tbsp tomato paste (\$0.05)

Cheese

- 1 (8 ounce) package cream cheese, softened
- 4 oz. feta (\$1.65)
- 150g Greek feta, thinly sliced
- 1/2 cup cheddar cheese, or Monterey Jack
- 1 parmesan rind, plus extra grated parmesan to serve

Condiments & Oils

- 1 batch Carrot Ginger Dressing (see below)
- Creamy Salsa Dressing
- Tomato Basil Vinaigrette
- 1/2 teaspoon toasted sesame oil
- 1/4 cup (60ml) sunflower oil
- 2 tbs extra virgin olive oil
- 2 tablespoons avocado oil or olive oil (or any mild-flavored cooking oil)
- 5 teaspoons olive oil , divided
- 6 Tbsp olive oil (\$0.96)
- 1/2 cup salsa
- 2 Tbsp red wine vinegar (\$0.20)
- 1/4 cup rice wine vinegar
- Dairy & Eggs
- 2 eggs, separated
- 1 cup (250ml) milk
- 1 cup sour cream
- 1/2 cup sour cream, or plain greek yogurt
- Frozen
- Water and ice cubes as required
- Herbs & Spices
- 1/2 tsp dried basil (\$0.05)

- ¼ teaspoon chili powder
- Pinch of chilli flakes
- 1 long red chilli, thinly sliced into rings
- ¼ cup cilantro leaves
- 1 cup roughly-chopped fresh cilantro leaves
- ¼ teaspoon coriander
- 1 1/2 tsp each ground cumin & ground coriander
- ¾ teaspoons cumin
- 1 teaspoon dried dill weed
- ¼ teaspoon garlic powder
- 1/4 tsp garlic powder (\$0.02)
- ¼ teaspoon garlic salt
- 1 tablespoon finely-chopped fresh ginger

Micro herbs or other herbs, to serve

- Handful mint leaves
- 1/2 cup mint leaves, thinly sliced, plus extra leaves to serve
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- 1 teaspoon paprika , sweet or smoked
- ½ teaspoon black pepper
- Kosher salt and black pepper, to taste
- 1/4 tsp freshly cracked black pepper (\$0.02)
- ¾ teaspoon kosher salt
- 1/4 tsp salt (\$0.02)
- 1 (1 ounce) package ranch seasoning mix
- Chicken Taco Seasoning
- 2 teaspoons chicken taco seasoning, reserved from above
- 1 tbs chopped tarragon leaves
- 1 tbs thyme leaves

Meat

- 1 pound boneless skinless chicken breast, 2 pieces
- 2 large chicken breasts
- Pasta & Grain
- 1/2 lb. rotini pasta (\$0.38)
- 1½ cups mixed brown and red rice (or 1 cup brown rice and ½ cup red rice)

Produce

- 1 medium avocado, ½” dice (1 cup)
- 1 avocado, peeled pitted and diced
- ¼ cup blueberries
- 1 ½ cups chopped fresh broccoli
- 1 lb. broccoli (\$0.89)
- 2 cups finely-chopped broccoli florets
- 2 cups finely-chopped red cabbage

- 1 carrot, grated
- 1 large carrot, peeled and roughly-chopped
- 1 cup matchstick (shredded) carrots
- 1 stalk celery, thinly sliced
- ¾ cup corn kernels, canned or grilled
- 200g baby cucumbers (or 2 Lebanese cucumbers), cut into thin wedges
- 3 garlic cloves, thinly sliced
- 3 cups finely-chopped* kale leaves
- ½ bunch kale, leaves and stalks separated
- Zest and juice of 1 lemon
- 5 lemons
- 8 cups romaine lettuce, ½" thick slices
- 2x salad
- Salad leaves, to serve
- Finely grated zest & juice of 1 lime, plus lime wedges to serve
- 1/2 teaspoon lime juice
- 500g mixed mushrooms, larger ones chopped
- 1 small onion, finely chopped
- 1/3 cup thinly-sliced green onions
- ¼ cup diced red onion, ¼" dice
- 1/2 cup diced red onion (\$0.16)
- 2 oranges
- 3 cups peaches peeled, sliced
- 1 red bell pepper, chopped
- 1/4 cup pineapple chunks with juice, use chunks in natural juice without added sugar
- ½ cup halved and thinly-sliced radishes
- 1 cup raspberries fresh
- 2 spring onions, finely chopped
- 10-12 nos strawberries
- 1 cup cherry tomatoes, halved
- 2 zucchini (about 240g), coarsely grated

Refrigerated

- 2 (8 ounce) packages refrigerated crescent rolls

Snacks

- ½ cup crushed corn tortilla chips
- 1/2 cup toasted slivered almonds
- 1/4 cup unsalted sunflower seeds (\$0.25)

Other

- 3 eschalots, thinly sliced