



- 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 3 tbsp coconut oil 4 shallots 3 cloves garlic 1 tbsp ground almonds 1 lime 1 tbsp tomato puree 1 tsp freshly ground turmeric	Bowls of Goodness pg 40

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

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

	1 tbsp honey 1 lime Greek yogurt 1 cucumber 4 tbsp rice vinegar Fresh coriander Brown rice Lime wedges	
--	---	--



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