

The Shopping List

Vegetarian Week 1 of 3

This week you'll cook: Greek Yoghurt Bowl with Berries, Nuts & Chia · Lentil & Vegetable Curry · Halloumi & Vegetable Skewers with Herb Quark · Chickpea, Feta & Garden Salad · Lentil Bolognese with Zucchini Noodles · Big Salad with Tofu & Edamame

Protein

- ☐ Chickpeas
- ☐ Edamame
- ☐ Lentils
- ☐ Red lentils
- ☐ Tofu
- ☐
- ☐
- ☐

Vegetables

- ☐ Broccoli
- ☐ Chopped tomatoes
- ☐ Cucumber
- ☐ Onions
- ☐ Peppers
- ☐ Zucchini
- ☐
- ☐
- ☐

Fruit

- ☐ Apple
- ☐ Mixed berries
- ☐
- ☐
- ☐

Dairy & eggs

- ☐ Feta
- ☐ Greek yoghurt
- ☐ Halloumi
- ☐ Parmesan
- ☐
- ☐
- ☐

Grains & starch

- ☐ Wholegrain rice
- ☐
- ☐
- ☐

Pantry & oils

- ☐ Chia seeds
- ☐ Coconut oil
- ☐ Curry powder
- ☐ Dried herbs
- ☐ Light coconut milk
- ☐ Olive oil
- ☐ Salt & pepper
- ☐ Soy sauce
- ☐ Walnuts or almonds
- ☐
- ☐
- ☐



This week's prep tip. Prep ahead: cook a big batch of quinoa or rice and roast a tray of vegetables on day one. Half your lunches and sides are then ready in minutes.

Easy snacks this week

Edamame

Natural yoghurt with flaxseed

Veg sticks with almond butter

A handful of nuts & seeds

Protein at every meal is the one rule that does the heavy lifting. Tick what you need, add your own on the blank lines.

VEGETARIAN · WEEK 1

The Shopping List

Vegetarian Week 2 of 3

This week you'll cook: Greek Yoghurt Bowl with Berries, Nuts & Chia · Lentil & Vegetable Curry · Chickpea, Feta & Garden Salad · Lentil & Black-Bean Patties with Sweet-Potato Fries · Halloumi & Vegetable Skewers with Herb Quark · Big Salad with Tofu & Edamame · Halloumi, Hummus & Veggie Wraps

Protein

- ☐ Chickpeas
- ☐ Edamame
- ☐ Lentils
- ☐ Red lentils
- ☐ Tofu
- ☐
- ☐
- ☐

Vegetables

- ☐ Broccoli
- ☐ Cucumber
- ☐ Mixed salad
- ☐ Onions
- ☐ Peppers
- ☐ Zucchini
- ☐
- ☐
- ☐

Fruit

- ☐ Apple
- ☐ Mixed berries
- ☐
- ☐
- ☐

Dairy & eggs

- ☐ Eggs
- ☐ Feta
- ☐ Greek yoghurt
- ☐ Halloumi
- ☐
- ☐
- ☐

Grains & starch

- ☐ Sweet potato
- ☐ Wholegrain rice
- ☐ Wholegrain wraps
- ☐
- ☐
- ☐

Pantry & oils

- ☐ Chia seeds
- ☐ Coconut oil
- ☐ Curry powder
- ☐ Fresh herbs
- ☐ Hummus
- ☐ Light coconut milk
- ☐ Olive oil
- ☐ Salt & pepper
- ☐ Soy sauce
- ☐ Walnuts or almonds
- ☐
- ☐
- ☐

 **This week's prep tip.** Prep ahead: cook a double batch of your protein early in the week. It turns three dinners into ten-minute meals and keeps the protein rule effortless.

Easy snacks this week

A handful of nuts & seeds

Edamame

Natural yoghurt with flaxseed

Veg sticks with almond butter

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The Shopping List

Vegetarian **Week 3 of 3**

This week you'll cook: Greek Yoghurt Bowl with Berries, Nuts & Chia · Halloumi & Vegetable Skewers with Herb Quark · Lentil & Vegetable Curry · Chickpea, Feta & Garden Salad · Vegetable & Lentil Lasagne

Protein

- ☐ Chickpeas
- ☐ Lentils
- ☐ Red lentils
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Vegetables

- ☐ Broccoli
- ☐ Cucumber
- ☐ Onions
- ☐ Peppers
- ☐ Spinach
- ☐ Zucchini
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Fruit

- ☐ Apple
- ☐ Mixed berries
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Dairy & eggs

- ☐ Feta
- ☐ Greek yoghurt
- ☐ Halloumi
- ☐ Quark
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Grains & starch

- ☐ Lasagne sheets
- ☐ Wholegrain rice
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Pantry & oils

- ☐ Chia seeds
- ☐ Coconut oil
- ☐ Curry powder
- ☐ Light coconut milk
- ☐ Olive oil
- ☐ Salt & pepper
- ☐ Walnuts or almonds
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

 **This week's prep tip.** Prep ahead: wash and chop your salad veg into jars on shopping day, so a fast, protein-first lunch is never a decision.

Easy snacks this week

Veg sticks with almond butter

A handful of nuts & seeds

Edamame

Natural yoghurt with flaxseed

Protein at every meal is the one rule that does the heavy lifting. Tick what you need, add your own on the blank lines.