

Cook in Colour - Summer Orange

Shopping List | Sacral Chakra | Series 2 Week 2

Produce

- ☐ Fresh apricots (6-8)
- ☐ Peaches (4)
- ☐ Butternut squash (1 large)
- ☐ Sweet potatoes (2 medium)
- ☐ Fresh ginger
- ☐ Garlic (1 bulb)
- ☐ Red onion (2)
- ☐ Yellow onion (1)
- ☐ Fresh coriander
- ☐ Lemons (2)

Pantry

- ☐ Rolled oats
- ☐ Chia seeds
- ☐ Red split lentils (1 cup)
- ☐ Diced tomatoes (1 tin)
- ☐ Coconut sugar
- ☐ Ground ginger
- ☐ Cinnamon
- ☐ Turmeric
- ☐ Cumin
- ☐ Curry powder
- ☐ Allspice
- ☐ Brown sugar

Tinned & Packaged

- ☐ Coconut milk (1 tin)
- ☐ Chickpeas (1 tin)
- ☐ Almond milk (1 carton)

Baking & Dairy

- ☐ Plain flour
- ☐ Butter
- ☐ Tahini

Brew

- ☐ Black tea bags
- ☐ Orange (for peel)
- ☐ Honey or agave

