

Vegetables

<input type="checkbox"/>	1 bunch mixed greens (1) Recipes require 1/4 bunch v
<input type="checkbox"/>	1 head red cabbage (1) Recipes require 1/4 head v
<input type="checkbox"/>	1 large carrot (2) Recipes require 1/4 large v
<input type="checkbox"/>	1 large red bell pepper (1) Recipes require 1/4 large v
<input type="checkbox"/>	1 large sweet potato (1) Recipes require 1/4 large v
<input type="checkbox"/>	1 medium onion (1) Recipes require 1/4 medium, 1/4 medium v
<input type="checkbox"/>	1 medium yellow onion (6) Recipes require 1/4 medium v
<input type="checkbox"/>	1 red chili (1) Recipes require 1/4 v
<input type="checkbox"/>	1 small red bell pepper (1) Recipes require 1/4 small v
<input type="checkbox"/>	1.8kg butternut squash (2) Recipes require 1707g v
<input type="checkbox"/>	1.9cm fresh ginger (6) Recipes require 1/4 cm v
<input type="checkbox"/>	110g sweet corn (1) Recipes require 53g v
<input type="checkbox"/>	130g carrots (4, 5) Recipes require 1/4 small, 71g v
<input type="checkbox"/>	15g fresh cilantro (7) Recipes require 13g v
<input type="checkbox"/>	2 large zucchinis (3) Recipes require 1/4 large v
<input type="checkbox"/>	2 medium shallots (4) Recipes require 2 medium v
<input type="checkbox"/>	2 medium tomatoes (1) Recipes require 1 medium v
<input type="checkbox"/>	20g baby spinach (1) Recipes require 17g v
<input type="checkbox"/>	225g spinach (6) Recipes require 213g v
<input type="checkbox"/>	275g cherry tomatoes (1, 4) Recipes require 109g, 149g v
<input type="checkbox"/>	3.3cm fresh ginger (1, 6) Recipes require 1/4 cm, 1/4 cm v
<input type="checkbox"/>	30g seed sprouts (7) Recipes require 27g v
<input type="checkbox"/>	325g potatoes (5) Recipes require 311g v
<input type="checkbox"/>	350g carrots (4, 5, 7) Recipes require 1/4 small, 156g, 139g v
<input type="checkbox"/>	375g carrots (2, 5, 7) Recipes require 1/4 large, 156g, 138g v
<input type="checkbox"/>	4 lettuce (1) Recipes require 2 v
<input type="checkbox"/>	4 medium scallions (1) Recipes require 2 medium v
<input type="checkbox"/>	4 small red onions (2, 5) Recipes require 2 1/4 small, 1/4 small v
<input type="checkbox"/>	450g hokkaido squash (6) Recipes require 425g v
<input type="checkbox"/>	5 cloves garlic (3, 6) Recipes require 3 1/4 cloves, 1/4 clove v
<input type="checkbox"/>	50g gherkins (5) Recipes require 49g v
<input type="checkbox"/>	550g kale (2, 4) Recipes require 520g, 227g v
<input type="checkbox"/>	6 cloves garlic (1, 3, 6) Recipes require 3 1/4 cloves, 1/4 clove, 1/4 clove v
<input type="checkbox"/>	80g sugar snap peas (7) Recipes require 80g v
<input type="checkbox"/>	fresh parsley (1) Recipes require 2 tbsps v
<input type="checkbox"/>	garlic powder (4) Recipes require 1 tsp v
<input type="checkbox"/>	tomato paste (5) Recipes require 1 1/4 tbsps v

Fruit

<input type="checkbox"/>	1 avocado (1) Recipes require 1/4 v
<input type="checkbox"/>	1 lemon juice (6) Recipes require 1/4 v
<input type="checkbox"/>	1 lime (4) Recipes require 1 v
<input type="checkbox"/>	2 medium pomegranates (1, 3) Recipes require 1/4 medium, 1/4 medium v
<input type="checkbox"/>	2 small apples (7) Recipes require 2 small v
<input type="checkbox"/>	3 medium bananas (2) Recipes require 2 1/4 medium v
<input type="checkbox"/>	3 small apples (7) Recipes require 2 1/4 small v
<input type="checkbox"/>	350g dried figs (1) Recipes require 175g v
<input type="checkbox"/>	4 large bananas (2, 4, 6, 7) Recipes require 1 large v
<input type="checkbox"/>	4 plums (5) Recipes require 3 1/4 v
<input type="checkbox"/>	5 large bananas (2, 4, 6, 7) Recipes require 2 1/4 large v
<input type="checkbox"/>	80g dried cranberries (4) Recipes require 80g v
<input type="checkbox"/>	lime juice (1) Recipes require 1/4 tbsp v

Grains & Pasta

<input type="checkbox"/>	160g quinoa (6) Recipes require 169g v
<input type="checkbox"/>	200g gluten free mie noodles (3) Recipes require 200g v
<input type="checkbox"/>	250g saitan (meat immitation)s (5) Recipes require 234g v
<input type="checkbox"/>	350g jumbo rolled oats (1, 2, 4, 6, 7) Recipes require 3 1/4 tablespoons, 78g v
<input type="checkbox"/>	400g jumbo rolled oats (1, 2, 4, 6, 7) Recipes require 3 1/4 tablespoons, 195g v
<input type="checkbox"/>	60g wheat flour (5, 7) Recipes require 1/4 tablespoon, 49g v
<input type="checkbox"/>	porridge oats (5, 7) Recipes require 7 tablespoons, 8 1/4 tablespoons v

Sweets

<input type="checkbox"/>	100g vegan chocolate chips (2) Recipes require 95g v
<input type="checkbox"/>	maple syrup (4, 5, 7) Recipes require 2 tbsps, 2 tbsps, 1/4 tbsp, 1 tbsp v

Baby Foods

<input type="checkbox"/>	190g fruit muesli (2) Recipes require 187g v
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Spices & Herbs

<input type="checkbox"/>	2 leaves bay leaves (5) Recipes require 2 leaves v
<input type="checkbox"/>	ashwagandha (2, 4, 6, 7) (optional) Recipes require 12 1/4 tps v
<input type="checkbox"/>	black pepper (2, 4) Recipes require 1/4 tsp, 1/4 tsp v
<input type="checkbox"/>	cajun spice (1) Recipes require 1 tsp v
<input type="checkbox"/>	chili flakes (7) Recipes require 1 dash v
<input type="checkbox"/>	cinnamon ground (2, 5) Recipes require 1 tbsap, 2 tps v
<input type="checkbox"/>	cumin (7) Recipes require 1/4 tsp v
<input type="checkbox"/>	dijon mustard (5, 7) Recipes require 1 1/4 tbsps, 1 tbsp v
<input type="checkbox"/>	dried smoked paprika (1, 5) Recipes require 1 tsp, 1/4 tbsp v
<input type="checkbox"/>	goulash or bbq seasoning (5) Recipes require 1/4 tbsp v
<input type="checkbox"/>	green curry (6) Recipes require 2 tps v
<input type="checkbox"/>	ground cumin (1) Recipes require 1/4 tsp v
<input type="checkbox"/>	ground red pepper (3) Recipes require 3 1/4 tps v
<input type="checkbox"/>	nutritional yeast (4) Recipes require 4 tbsps v
<input type="checkbox"/>	paprika powder (1) Recipes require 1/4 tsp v
<input type="checkbox"/>	rice vinegar (1) Recipes require 1 1/4 tbsps v
<input type="checkbox"/>	sea salt (2, 3, 4, 6, 7) Recipes require 1 tbsp, 1 1/4 tps, 2 dashes, 1 tsp, 1 tsp, 1/4 tsp v
<input type="checkbox"/>	turmeric powder (1, 7) Recipes require 1/4 tsp, 1/4 tsp v

Legumes

<input type="checkbox"/>	120g chickpea flour (7) Recipes require 113g v
<input type="checkbox"/>	2 blueberry soy yogurt (7) Recipes require 2 v
<input type="checkbox"/>	3 blueberry soy yogurt (7) Recipes require 2 1/4 v
<input type="checkbox"/>	300g black beans (2) Recipes require 300g v
<input type="checkbox"/>	300g cooked kidney beans (1) Recipes require 42g, 128g v
<input type="checkbox"/>	300g tempeh (1) Recipes require 149g v
<input type="checkbox"/>	350g unflavoured sunwarrior protein powder (1, 2, 4, 6, 7, 3) Recipes require 99g, 28g, 25g v
<input type="checkbox"/>	375g unflavoured sunwarrior protein powder (1, 2, 4, 6, 7, 3) Recipes require 89g, 71g, 25g v
<input type="checkbox"/>	700g chickpeas (2, 4, 6, 7) Recipes require 308g, 143g v
<input type="checkbox"/>	850g firm tofu (1, 3) Recipes require 392g, 441g v
<input type="checkbox"/>	creamy peanut butter (1) Recipes require 1 tbsp v
<input type="checkbox"/>	miso paste (4) Recipes require 2 tps v
<input type="checkbox"/>	peanut butter (3, 5) Recipes require 1 tbsps, 1/4 tbsp v

Nuts & Seeds

<input type="checkbox"/>	100g sunflower seeds (1, 5) Recipes require 18g, 7 tablespoons v
<input type="checkbox"/>	110g almonds (1) Recipes require 53g v
<input type="checkbox"/>	45g cashew nuts (4) Recipes require 42g v
<input type="checkbox"/>	550g coconut milk (3, 6) Recipes require 198g, 319g v
<input type="checkbox"/>	60g crushed almonds (2) Recipes require 59g v
<input type="checkbox"/>	60g flaxseed (1, 3) Recipes require 18g, 2 tbsps v
<input type="checkbox"/>	70g pumpkin seeds (1, 2, 4, 6, 7) Recipes require 18g, 1 tablespoon v
<input type="checkbox"/>	80g cashew nuts (4) Recipes require 78g v
<input type="checkbox"/>	80g pumpkin seeds (1, 2, 4, 6, 7) Recipes require 18g, 2 1/4 tablespoons v
<input type="checkbox"/>	almond butter (2, 4, 6, 7) Recipes require 1 1/4 tbsps v
<input type="checkbox"/>	cacao powder (2, 4, 6, 7, 5) Recipes require 2 1/4 tablespoons, 1 1/4 tablespoons v
<input type="checkbox"/>	chia seeds (1, 2, 4, 6, 7, 3, 5) Recipes require 1 1/4 tbsps, 3 1/4 tbsps, 2 tbsps, 1/4 tsp v
<input type="checkbox"/>	hemp hearts (3) Recipes require 1/4 tbsp v
<input type="checkbox"/>	roasted pumpkin seeds (7) Recipes require 8 1/4 tablespoons v

Beverages

<input type="checkbox"/>	1.5l almond milk (2, 4, 6, 7, 5) Recipes require 262ml, 28 tablespoons v
<input type="checkbox"/>	1.6l almond milk (2, 4, 6, 7, 5) Recipes require 655ml, 28 tablespoons v
<input type="checkbox"/>	170ml red wines (5) Recipes require 164ml v

Fats & Oils

<input type="checkbox"/>	canola oil (5) Recipes require 1/4 tbsap v
<input type="checkbox"/>	extra virgin coconut oil (1, 7) Recipes require 1/4 tbsap, 1 tsp v
<input type="checkbox"/>	extra virgin olive oil (4) Recipes require 4 tablespoons v
<input type="checkbox"/>	olive oil (3) Recipes require 1 1/4 tablespoons v
<input type="checkbox"/>	sunflower oil (1, 2, 6) Recipes require 5 tps, 1 tbsap, 1 tbsp v
<input type="checkbox"/>	toasted sesame oil (1) Recipes require 1 1/4 tablespoons v
<input type="checkbox"/>	vegan mayonnaise (1, 7) Recipes require 3 tbsps, 3 1/4 tbsps v

Soup/Sauce/Gravy

<input type="checkbox"/>	vegetable broth (5) Recipes require 496g v
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Other

<input type="checkbox"/>	4 whole grain burger buns (1) Recipes require 2 v
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