

Vegetables

<input type="checkbox"/>	1 head cauliflower (7) Recipes require 1/4 head v
<input type="checkbox"/>	1 large celery (6) Recipes require 1/4 large v
<input type="checkbox"/>	1 large green bell pepper (1) Recipes require 1/4 large v
<input type="checkbox"/>	1 large red bell pepper (1, 4) Recipes require 1/4 large, 1/2 large v
<input type="checkbox"/>	1 large tomato (3) Recipes require 1/4 large v
<input type="checkbox"/>	1 medium red onion (7) Recipes require 1/4 medium v
<input type="checkbox"/>	1 small cucumber (6) Recipes require 1 small v
<input type="checkbox"/>	1.3cm fresh ginger (2) Recipes require 1 1/4 cm v
<input type="checkbox"/>	10 cloves garlic (3, 4, 5, 6, 7) Recipes require 1/4 clove, 2/34 cloves, 1 clove, 1 clove, 1 1/2 cloves v
<input type="checkbox"/>	120g sweet corn kernels (frozen)s (1) Recipes require 116g v
<input type="checkbox"/>	130g cherry tomatoes (7) Recipes require 124g v
<input type="checkbox"/>	160g carrots (2, 5) Recipes require 35g, 80g v
<input type="checkbox"/>	160g eggplants (3) Recipes require 156g v
<input type="checkbox"/>	160g frozen green peas (6) Recipes require 75g v
<input type="checkbox"/>	170g kohlrabi (2) Recipes require 169g v
<input type="checkbox"/>	170g sweet potatoes (2) Recipes require 166g v
<input type="checkbox"/>	2 large yellow bell pepper (1, 3) Recipes require 1/4 large, 1/2 large v
<input type="checkbox"/>	2 leeks (6) Recipes require 1/2 v
<input type="checkbox"/>	2 medium onions (4, 6) Recipes require 1/2 medium, 1/2 medium v
<input type="checkbox"/>	2 medium red bell pepper (3) Recipes require 1 1/4 medium v
<input type="checkbox"/>	2 medium zucchinis (3) Recipes require 1 1/4 medium v
<input type="checkbox"/>	2 small onions (1, 3) Recipes require 1/4 small, 1/2 small v
<input type="checkbox"/>	2 small scallions (5) Recipes require 1 small v
<input type="checkbox"/>	3 medium shallots (1, 6) Recipes require 1 1/2 medium, 1/2 medium v
<input type="checkbox"/>	300g frozen shelled edamame (7) Recipes require 297g v
<input type="checkbox"/>	350g crushed tomatoes (3) Recipes require 333g v
<input type="checkbox"/>	60g kale (3, 4) Recipes require 8g, 40g v
<input type="checkbox"/>	60g tomato sauce (4) Recipes require 30g v
<input type="checkbox"/>	70g soybean sprouts (5) Recipes require 35g v
<input type="checkbox"/>	90g baby spinach (1) Recipes require 90g v

Legumes

<input type="checkbox"/>	120g brown lentils (1) Recipes require 60g v
<input type="checkbox"/>	140g firm tofu (5) Recipes require 70g v
<input type="checkbox"/>	150g unflavoured sunwarrior protein powder (1, 2, 5) Recipes require 31g, 18g, 35g v
<input type="checkbox"/>	2 tbsps roasted peanuts (5) Recipes require 1/4 tbsp v
<input type="checkbox"/>	30g textured soy protein (4) Recipes require 14g v
<input type="checkbox"/>	40g chickpeas (4) Recipes require 19g v
<input type="checkbox"/>	80g mung beans (3) Recipes require 71g v
<input type="checkbox"/>	80g vanilla sunwarrior protein powder (1, 3) Recipes require 43g, 35g v
<input type="checkbox"/>	creamy peanut butter (5) Recipes require 1/4 tbsp v
<input type="checkbox"/>	hummus (6) Recipes require 4 tbsps v
<input type="checkbox"/>	soy sauce (5) Recipes require 1 tbsp v

Fats & Oils

<input type="checkbox"/>	canola oil (1) Recipes require 1/4 tsp v
<input type="checkbox"/>	extra virgin olive oil (7) Recipes require 1/4 tsp v
<input type="checkbox"/>	olive oil (1, 3, 4, 5, 6) Recipes require 1/4 tablespoon, 1/2 tsp, 1/2 tsp, 1/2 tsp, 1 1/2 tablespoons v

Baked

<input type="checkbox"/>	4 slices whole grain sandwich bread (6) Recipes require 4 slices v
--------------------------	--

Spices & Herbs

<input type="checkbox"/>	2 bunches fresh thyme (6) Recipes require 1/2 bunch v
<input type="checkbox"/>	2 sticks cinnamon sticks (2) Recipes require 2 sticks v
<input type="checkbox"/>	2 tbsps fresh oregano (3) Recipes require 1/2 tbsp v
<input type="checkbox"/>	30g nutritional yeast (1, 2, 7) Recipes require 1 tbsp, 1 1/2 tbsps, 8g v
<input type="checkbox"/>	4 leaves fresh basil (3) Recipes require 1/2 leaves v
<input type="checkbox"/>	6g fresh basil (4, 7) Recipes require 1 tbsp, 1g v
<input type="checkbox"/>	apple cider vinegar (1) Recipes require 1/2 tbsp v
<input type="checkbox"/>	black pepper (1, 2, 3, 6, 7) Recipes require 1 dash, 1/2 tsp, 1/2 tsp, 1/2 tsp, 1/2 tsp, 1/2 tsp v
<input type="checkbox"/>	black pepper corn (2) Recipes require 1/2 tbsp v
<input type="checkbox"/>	cajun spice (7) Recipes require 1 tsp v
<input type="checkbox"/>	chili (5) Recipes require 1 dash v
<input type="checkbox"/>	cinnamon ground (7) Recipes require 1/2 tsp v
<input type="checkbox"/>	cloves whole (2) Recipes require 1/2 tbsp v
<input type="checkbox"/>	dried smoked paprika (1) Recipes require 1/2 tsp, 1 dash v
<input type="checkbox"/>	dried thyme (3) Recipes require 1/2 tsp v
<input type="checkbox"/>	fennel seeds (1) Recipes require 1/2 tbsp v
<input type="checkbox"/>	green cardamon pods (2) Recipes require 1/2 tbsp v
<input type="checkbox"/>	italian herb mix (4) Recipes require 1/2 tbsp v
<input type="checkbox"/>	paprika powder (3) Recipes require 1/2 tsp v
<input type="checkbox"/>	sea salt (1, 2, 3, 4, 6, 7) Recipes require 1/2 tsp, 1/2 tsp, 1/2 tsp, 1/2 tsp, 1/2 tsp, 1/2 tsp, 1/2 tsp v
<input type="checkbox"/>	star anise (2) Recipes require 1 1/2 tps v
<input type="checkbox"/>	turmeric powder (1) Recipes require 1/2 tsp v

Nuts & Seeds

<input type="checkbox"/>	100g pumpkin seeds (1) Recipes require 32g v
<input type="checkbox"/>	130g cashew nuts (1, 2) Recipes require 94g, 28g v
<input type="checkbox"/>	30g crushed almonds (1, 4) Recipes require 2 1/2 tablespoons, 7g v
<input type="checkbox"/>	40g almonds (5, 7) Recipes require 13g, 22g v
<input type="checkbox"/>	90g coconut milk (6) Recipes require 42g v
<input type="checkbox"/>	almond butter (1, 7) Recipes require 3 tbsps, 1 tbsp v
<input type="checkbox"/>	chia seeds (3, 4, 7) Recipes require 1 1/2 tbsps, 1 tbsp, 1 1/2 tbsps v

Beverages

<input type="checkbox"/>	900ml almond milk (1, 2, 4, 7) Recipes require 164ml, 66ml, 197ml, 328ml v
<input type="checkbox"/>	loose leaf black tea (2) Recipes require 1 1/2 tbsps v

Sweets

<input type="checkbox"/>	cacao powder (1) Recipes require 2 tbsps v
--------------------------	--

Fruit

<input type="checkbox"/>	1 avocado (1) Recipes require 1/4 v
<input type="checkbox"/>	1 grapefruit (5) Recipes require 1 1/4 v
<input type="checkbox"/>	1 lime (5) Recipes require 1/2 v
<input type="checkbox"/>	1 mango (2) Recipes require 1/2 v
<input type="checkbox"/>	1 red dragon fruit (2) Recipes require 1/2 v
<input type="checkbox"/>	2 medium bananas (2, 5) Recipes require 1/2 medium, 1/2 medium v
<input type="checkbox"/>	2 medium pomegranates (4, 5) Recipes require 1/2 medium, 1/2 medium v
<input type="checkbox"/>	200g frozen blueberries (3) Recipes require 194g v
<input type="checkbox"/>	250g frozen blackberries (1) Recipes require 227g v
<input type="checkbox"/>	35g green olives (4) Recipes require 17g v
<input type="checkbox"/>	60g dark grapes (7) Recipes require 57g v
<input type="checkbox"/>	80g dates (1) Recipes require 24g v
<input type="checkbox"/>	raisins (1) Recipes require 1 tbsp v

Grains & Pasta

<input type="checkbox"/>	120g pasta (4) Recipes require 57g v
<input type="checkbox"/>	60g jumbo rolled oats (7) Recipes require 51g v
<input type="checkbox"/>	70g rice (3) Recipes require 67g v
<input type="checkbox"/>	80g quinoa (7) Recipes require 71g v
<input type="checkbox"/>	80g rice noodles (5) Recipes require 36g v
<input type="checkbox"/>	porridge oats (1, 4) Recipes require 2 1/2 tablespoons, 3 tablespoons v

Soup/Sauce/Gravy

<input type="checkbox"/>	vegetable broth (4, 6) Recipes require 28g, 62g v
--------------------------	---

Dairy and Egg Products

<input type="checkbox"/>	150g soy cream (1, 7) Recipes require 100g, 45g v
--------------------------	---