

Your Shopping List

- Watertight glass tupperware
- 1 pack organic spinach (washed)
- 1 pack sunflower seeds
- 1 pack pumpkin seeds
- 1 pack white quinoa
- 1 pack black quinoa
- 1 pack sesame seeds
- 8 eggs
- Soy sauce
- Rice vinegar
- 1 spring onion
- 1 pack sesame seeds
- 1 pack tenderstem broccoli, sugarsnap peas, pak choi or other green veg
- 2 chicken breasts
- Olive oil
- Lemons
- Sweet paprika
- Swarma spice mix
- Slap Ya Mama spice mix
- 1 yellow onion
- 1 handful coriander
- Our Place Mini Griddle Pan