

| Item | Amount |
|---------------------------------|------------------------------|
| Apple (Gala or Fuji) | 1 |
| Arugula | 1 cup |
| Avocado | 7 |
| Baby spinach | 5 cups |
| Banana | 1 |
| Basil (fresh) | 2 cups |
| Bay leaf | 1 dried |
| Berries | 6 cups |
| Broccoli | 1 |
| Broccoli sprouts | ¼ Cup |
| Capsicum (any colour) | 1½ cup diced |
| Carrot | 5 |
| Celery stalk | 6 med-large |
| Chives (fresh) | 1½ cup, chopped |
| Coconut Water | 2 ½ Cups |
| Coriander (fresh) | 1 cup, chopped |
| Cucumber (large) | 2 cups |
| Cucumbers (small, for pickling) | 450g |
| Edamame | 1 cup |
| Firm Tofu | 3 x 400 g |
| Fresh bean sprouts | 1 cup |
| Fresh dill | 1 teaspoon, chopped |
| Fresh ginger | 2cm piece, peeled and grated |
| Fresh parsley | 1 teaspoon, chopped |
| Fresh turmeric | 2cm piece, peeled and grated |
| Garlic | 20 bulbs |
| Ginger | 1 med-large fresh root |
| Green cabbage | 1 kg |
| Green onions | 2 |
| Jicama (fresh) | ¼ cup |
| Kale (Lacinato) | 1 cup chopped |
| Leek | 1 small |
| Lemon | 4-6 |
| Lime | 2 |
| Mango (fresh or frozen) | 1 |
| Mint (fresh) | 1 large bunch |
| Mushrooms (Cremini) | 330 g |
| Mushrooms (Shiitake) | 1 cup, sliced |
| Mushrooms (small white button) | 450 g, trimmed and halved |
| Mushrooms | 1 cup sliced |

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| Mushrooms (High-nutrient, dried mushrooms, eg, shiitake, maitake, cordyceps, turkey tail, reishi, lion's mane, white, portobello, or cremini) | 900 g |
| Parsley (Italian) | Large bunch |
| Parsley (regular) | 1 large bunch |
| Pineapple (frozen or fresh) | 2 cups |
| Purple cabbage | 1 small |
| Berries | 1½ cups each |
| Red capsicum | 3 |
| Red onion | 3 |
| Roma tomato | 1 |
| Rosemary | 1 sprig |
| Shallot | 3 |
| Sugar snap peas | ¼ cup |
| Sun-dried tomatoes (not packed in oil) | 2 |
| Tempeh | 450 gm cut into 2cm cubes |
| Tempeh (Smoky) | 114 gm |
| Thyme | 10 sprigs |
| Tomato | 2 large |
| Turmeric (fresh) | 1 small root |
| Unsweetened almond or soy milk | 1 cup |
| Unsweetened coconut milk yogurt | 6 cups |
| Watermelon radish | 1 sliced |
| White onion | 1 medium |
| Yellow onion | 5 medium |