

Vegetables	
<input type="checkbox"/>	1 beet (4) Recipes require ¼ ▼
<input type="checkbox"/>	1 cucumber (4) Recipes require ¼ ▼
<input type="checkbox"/>	1 head cauliflower (4) Recipes require ¼ head ▼
<input type="checkbox"/>	1 large green bell pepper (5) Recipes require ⅔ large ▼
<input type="checkbox"/>	1 large onion (3) Recipes require ¼ large ▼
<input type="checkbox"/>	1 large yellow bell pepper (5) Recipes require ⅔ large ▼
<input type="checkbox"/>	1 medium carrot (4) Recipes require ½ medium ▼
<input type="checkbox"/>	1 small carrot (1) Recipes require ⅔ small ▼
<input type="checkbox"/>	1 small onion (5) Recipes require ⅔ small ▼
<input type="checkbox"/>	1 small red bell pepper (1) Recipes require ¼ small ▼
<input type="checkbox"/>	120g mealy potatoes (3) Recipes require 57g ▼
<input type="checkbox"/>	130g spinach (6) Recipes require 62g ▼
<input type="checkbox"/>	15g fresh coriander (6) Recipes require 7g ▼
<input type="checkbox"/>	180g chinese broccoli (7) Recipes require 177g ▼
<input type="checkbox"/>	2 large red bell pepper (4, 5) Recipes require ⅔ large, ¼ large ▼
<input type="checkbox"/>	2 large scallions (4) Recipes require 1 large ▼
<input type="checkbox"/>	2 lettuce (1) Recipes require 1 ▼
<input type="checkbox"/>	2 medium onions (4, 6) Recipes require ⅔ medium, ¼ medium ▼
<input type="checkbox"/>	2 medium shallots (1, 2) Recipes require ⅔ medium, ⅓ medium ▼
<input type="checkbox"/>	2 small cucumbers (6) Recipes require 1½ small ▼
<input type="checkbox"/>	2 small red onions (1) Recipes require ⅔ small, ⅓ small ▼
<input type="checkbox"/>	3 medium tomatoes (1, 7) Recipes require 1¼ medium, ½ medium ▼
<input type="checkbox"/>	3 small scallions (7) Recipes require 2½ small ▼
<input type="checkbox"/>	30g soybean sprouts (7) Recipes require 29g ▼
<input type="checkbox"/>	325g kale (1, 2, 3) Recipes require 35g, 170g, 71g ▼
<input type="checkbox"/>	4 medium scallions (1, 7) Recipes require ⅔ medium, ⅔ medium, 1 medium ▼
<input type="checkbox"/>	4.5cm fresh ginger (4, 6) Recipes require 1¼ cm, ½ cm ▼
<input type="checkbox"/>	400g sweet corn kernels (frozen)s (2) Recipes require 385g ▼
<input type="checkbox"/>	45g shiitake mushrooms (1) Recipes require 41g ▼
<input type="checkbox"/>	475g cherry tomatoes (1, 6) Recipes require 158g, 93g, 47g ▼
<input type="checkbox"/>	5 cloves garlic (3, 4, 6) Recipes require ⅔ clove, ½ clove, 1 clove ▼
<input type="checkbox"/>	60g sweet corn (1) Recipes require 26g ▼
<input type="checkbox"/>	80g button mushrooms (7) Recipes require 71g ▼
<input type="checkbox"/>	fresh parsley (1) Recipes require 1 tbsp ▼
<input type="checkbox"/>	garlic powder (1) Recipes require ½ tsp ▼
<input type="checkbox"/>	tomato paste (1) Recipes require ½ tbsp ▼

Fruit

<input type="checkbox"/>	1 avocado (5) Recipes require ⅔ ▼
<input type="checkbox"/>	1 mango (7) Recipes require ⅔ ▼
<input type="checkbox"/>	1 small apple (7) Recipes require ¾ small ▼
<input type="checkbox"/>	180g dark grapes (4, 7) Recipes require 66g, 106g ▼
<input type="checkbox"/>	190g blueberries (3) Recipes require 185g ▼
<input type="checkbox"/>	2 large bananas (5) Recipes require 1¼ large ▼
<input type="checkbox"/>	2 medium bananas (2) Recipes require 1½ medium ▼
<input type="checkbox"/>	200g dried figs (1) Recipes require 50g ▼
<input type="checkbox"/>	25g dried cranberries (1) Recipes require 25g ▼
<input type="checkbox"/>	3 passionfruit (2) Recipes require 3 ▼
<input type="checkbox"/>	3 plums (2) Recipes require 3 ▼
<input type="checkbox"/>	300g limes (1, 4, 7) Recipes require ⅔, ½, ½, ¾ ▼
<input type="checkbox"/>	60g frozen blueberries (3) Recipes require 26g ▼
<input type="checkbox"/>	80g dates (3) Recipes require 37g ▼
<input type="checkbox"/>	raisins (5) Recipes require 2½ tbsps ▼

Grains & Pasta

<input type="checkbox"/>	180g cooked thick rice noodles (7) Recipes require 177g ▼
<input type="checkbox"/>	60g oat flour (3) Recipes require 26g ▼
<input type="checkbox"/>	80g jumbo rolled oats (1, 4) Recipes require 1 tablespoon, 59g ▼
<input type="checkbox"/>	90g seitans (3) Recipes require 43g ▼
<input type="checkbox"/>	corn starch (7) Recipes require ⅔ tablespoon ▼
<input type="checkbox"/>	semolina (3) Recipes require 7½ tbsps ▼

Beverages

<input type="checkbox"/>	1.3l almond milk (3, 4) Recipes require 983ml, 229ml ▼
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Sweets

<input type="checkbox"/>	maple syrup (1) Recipes require 1½ tsps, ½ tbsp ▼
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Legumes

<input type="checkbox"/>	100g smoked firm tofu (3) Recipes require 49g ▼
<input type="checkbox"/>	140g unflavoured sunwarrior protein powder (1, 5) Recipes require 28g, 25g ▼
<input type="checkbox"/>	150g aquafaba (7) Recipes require 150g ▼
<input type="checkbox"/>	150g cooked black beans (1) Recipes require 150g ▼
<input type="checkbox"/>	160g brown lentils (5) Recipes require 156g ▼
<input type="checkbox"/>	160g chickpeas (3) Recipes require 76g ▼
<input type="checkbox"/>	160g firm tofu (1) Recipes require 158g ▼
<input type="checkbox"/>	180g yellow split peas (6) Recipes require 86g ▼
<input type="checkbox"/>	225g extra firm tofu (7) Recipes require 210g ▼
<input type="checkbox"/>	250g cooked kidney beans (1) Recipes require 111g, 64g ▼
<input type="checkbox"/>	30g chickpea flour (7) Recipes require 29g ▼
<input type="checkbox"/>	500g tempeh (1, 4, 7) Recipes require 59g, 74g, 142g ▼
<input type="checkbox"/>	creamy peanut butter (7) Recipes require 7½ tsps ▼
<input type="checkbox"/>	hummus (6) Recipes require 6 tbsps ▼
<input type="checkbox"/>	light soy sauce (7) Recipes require 1½ tbsps ▼
<input type="checkbox"/>	miso paste (1) Recipes require ½ tsp ▼
<input type="checkbox"/>	peanut butter (5) Recipes require 1 tbsp ▼
<input type="checkbox"/>	soy sauce (1, 4, 7) Recipes require ½ tbsp, ½ tbsp, 1 tbsp ▼

Nuts & Seeds

<input type="checkbox"/>	100g coconut milk (6) Recipes require 49g ▼
<input type="checkbox"/>	120g cashew nuts (1, 2) Recipes require 23g, 94g ▼
<input type="checkbox"/>	20g crushed almonds (5) Recipes require 19g ▼
<input type="checkbox"/>	20g flaxseed (1) Recipes require 5g ▼
<input type="checkbox"/>	20g pumpkin seeds (1) Recipes require 5g ▼
<input type="checkbox"/>	20g sunflower seeds (1) Recipes require 5g ▼
<input type="checkbox"/>	80g almonds (1, 4) Recipes require 15g, 16g ▼
<input type="checkbox"/>	almond butter (4) Recipes require 1 tbsp ▼
<input type="checkbox"/>	chia seeds (1, 4, 5) Recipes require 1 tbsp, ½ tsp, 1 tbsp ▼
<input type="checkbox"/>	roasted sesame seeds (3, 4) Recipes require 1¼ tablespoons, 1 tsp ▼

Baked

<input type="checkbox"/>	2 slices whole grain bread (3) Recipes require 1 slice ▼
<input type="checkbox"/>	2 whole grain burger buns (1) Recipes require 1 ▼
<input type="checkbox"/>	6 slices whole grain sandwich bread (6) Recipes require 6 slices ▼
<input type="checkbox"/>	baking powder (3) Recipes require ½ tsp ▼

Dairy and Egg Products

<input type="checkbox"/>	275g soy cream (2, 3) Recipes require 60g, 150g ▼
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Cereals

<input type="checkbox"/>	granola (2) Recipes require 3 tablespoons ▼
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Spices & Herbs

<input type="checkbox"/>	70g nutritional yeast (1, 2, 7) Recipes require ½ tbsp, 1½ tbsps, 2½ tbsps, 25g ▼
<input type="checkbox"/>	apple cider vinegar (5) Recipes require 1½ tbsps ▼
<input type="checkbox"/>	black pepper (1, 2, 3, 4, 5) Recipes require ½ tsp, ½ tsp, 1 tsp, ½ tsp, ½ tsp, ½ tsp ▼
<input type="checkbox"/>	black salt (kala namak) (1, 7) Recipes require ½ tsp, ½ tsp ▼
<input type="checkbox"/>	cajun spice (1) Recipes require ½ tsp ▼
<input type="checkbox"/>	chili powder (1) Recipes require ½ tsp ▼
<input type="checkbox"/>	cinnamon ground (3, 4, 5) Recipes require ½ tsp, ½ tbsp, ½ tsp ▼
<input type="checkbox"/>	curry powder (6) Recipes require ½ tbsp ▼
<input type="checkbox"/>	dried smoked paprika (1, 2, 7) Recipes require ½ tsp, ½ tsp, ½ tsp, ½ tsp, ½ tsp, 3 dashes ▼
<input type="checkbox"/>	fennel seeds (5) Recipes require 1 tbsp ▼
<input type="checkbox"/>	ground cumin (1) Recipes require ½ tsp, ½ tsp ▼
<input type="checkbox"/>	paprika powder (1) Recipes require ½ tsp ▼
<input type="checkbox"/>	red pepper flakes (3) Recipes require ½ tsp ▼
<input type="checkbox"/>	sea salt (1, 2, 3, 5, 6) Recipes require ½ tsp, ½ tsp, ½ tsp, ½ tsp, 1½ tsps, ½ tsp, 1½ tsps, ½ tsp ▼
<input type="checkbox"/>	turmeric powder (1, 2, 6, 7) Recipes require ½ tsp, ½ tsp, ½ tsp, ½ tsp ▼
<input type="checkbox"/>	vanilla extract (3) Recipes require ½ tsp ▼
<input type="checkbox"/>	white wine vinegar (1) Recipes require 1½ tsps ▼

Fats & Oils

<input type="checkbox"/>	canola oil (2, 3) Recipes require ½ tsp, ½ tsp ▼
<input type="checkbox"/>	extra virgin coconut oil (3) Recipes require 1 tbsp ▼
<input type="checkbox"/>	extra virgin olive oil (1, 4) Recipes require ⅔ tablespoon, ⅔ tablespoon, 1¼ tablespoons, ½ tablespoon ▼
<input type="checkbox"/>	olive oil (5, 6, 7) Recipes require 1 tsp, 1 tsp, 2½ tsps ▼
<input type="checkbox"/>	sunflower oil (1) Recipes require ½ tbsp ▼
<input type="checkbox"/>	toasted sesame oil (7) Recipes require ⅔ tablespoon ▼
<input type="checkbox"/>	vegan mayonnaise (1) Recipes require 1½ tbsps ▼

Soup/Sauce/Gravy

<input type="checkbox"/>	dark soy sauce (7) Recipes require 1 tbsp ▼
<input type="checkbox"/>	sriracha sauce (7) Recipes require ½ tsp ▼
<input type="checkbox"/>	vegetable broth (3) Recipes require 166g ▼

Other

<input type="checkbox"/>	8 sheets rice paper (7) Recipes require 7½ sheets ▼
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