



7 MARINADES FOR EVERYTHING

YOUR MARINADE SHOPPING LIST

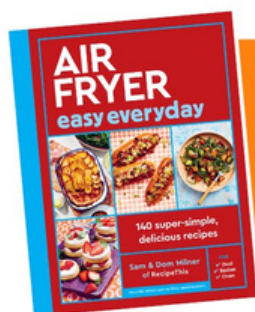
PROTEIN INGREDIENTS LIST

- 4 chicken legs
- 6 chicken thighs
- 8 chicken drumsticks
- 8 chicken wings
- 4 chicken breasts
- 4 pork chops
- 8 salmon fillets
- 450g/1lb tofu
- 2 tsp dried oregano
- ¼ tsp dried parsley
- 2 tsp mild curry powder
- 1 tsp ground turmeric
- 1 tbsp ground cumin
- 2 tsp dried coriander/cilantro leaf
- 2 tsp smoked paprika
- ¼ tsp ground cinnamon

MARINADE INGREDIENTS LIST

- 9 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp white wine vinegar
- 9 tsp garlic purée
- 4 tsp ginger purée
- 2 tsp tomato purée/paste
- 1 tsp harissa paste
- 4 tbsp passata
- 2 tbsp finely chopped fresh coriander
- 5 tbsp Greek yoghurt
- ¼ red (bell) pepper/capsicum, finely chopped
- ½ tsp Chinese 5-spice powder
- 100g/3½oz/⅓ cup clear honey
- 2 tbsp clear honey
- 240g/8½oz/¾ cup sweet chilli sauce
- 2 tbsp pineapple juice
- 2 tbsp lime juice
- Juice and finely grated zest of 1 lime
- 2 tsp soy sauce
- 1 tbsp lemon juice
- 2 tbsp barbecue sauce
- 1 tbsp tomato ketchup
- Salt & pepper

Please note: This ingredients list is enough to make one batch of each of our 7 marinades with 7 portions of protein. You could double or triple these ingredients and meal prep as much or as little as you like.



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7 MARINADES FOR EVERYTHING

YOUR MARINADE PRICE BREAKDOWN

Protein

£40.99

Chicken Legs	Chicken Wings
Chicken Thighs	Pork Chops
Chicken Breast	Salmon Fillets
Chicken Drumsticks	Tofu

Marinade

£10.33

Fresh Coriander	2 tbsp Lime Juice
5 tbsp Greek yoghurt	Juice and finely grated zest of 1 lime
Red Pepper	240g/8½oz/¾ cup sweet chilli sauce
9 tbsp Extra Virgin Olive Oil	2 tsp soy sauce
1 tbsp Balsamic Vinegar	2 tsp dried oregano
1 tbsp White Wine Vinegar	¼ tsp dried parsley
9 tsp Garlic Puree	2 tsp mild curry powder
4 tsp Ginger Puree	1 tsp ground turmeric
2 tsp Tomato Puree/Paste	1 tbsp ground cumin
1 tsp Harissa Paste	2 tbsp finely chopped fresh coriander/cilantro
4 tbsp Passata	2 tsp smoked paprika
2 tbsp lemon Juice	¼ tsp ground cinnamon
2 tbsp Barbecue Sauce	½ tsp Chinese 5-spice powder
1 tbsp Tomato Ketchup	100g/3½oz/⅓ cup clear honey
2 tbsp pineapple Juice	
2 tbsp clear honey	

28 portions for just £1.83 per portion!

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