

FRUIT

avocado
bananas
berries (frozen)
kiwi fruit
lemon
strawberries

VEGETABLES

bok choy
broccoli
carrots
cauliflower
celery
cucumber
fresh green beans
frozen peas
garlic
ginger
leek
lettuce
mixed salad leaves
mushrooms
onions
potatoes
red and green capsicums (bell peppers)
red onion
spinach
spring onions
sweet potato
tomatoes
zucchini

FRESH HERBS

basil
coriander
parsley

GRAINS

besan (chickpea) flour
brown rice
bulgur (cracked wheat)
muesli
plain flour
rice noodles

rolled oats
tortillas
vegan wholemeal puff pastry
Weet-Bix (whole-wheat breakfast biscuits)
wholegrain pasta (spaghetti/shapes)
wholemeal bread (sliced)
wholemeal burger bun
wholemeal couscous
wholemeal flour
wholemeal wraps

LEGUMES

brown lentils
canned cannellini beans
chickpeas
kidney beans

REFRIGERATED

Falafel balls
firm tofu
fortified soy milk
hummus
lentil patty or vegan patty of your choice
soy yoghurt
tempeh
vegan cheese
vegan sausage
vegan sour cream

NUTS & SEEDS

almonds
brazil nuts
chia seeds
crushed peanuts
ground flaxseed
pepitas
pine nuts
sunflower seeds

CONDIMENTS

black pepper
iodised salt
maple syrup or date syrup

nutritional yeast flakes
rice wine vinegar
soy or tamari sauce
sweet soy sauce
tomato chutney
tomato sauce (or ketchup)
vegan gravy powder
vegan salt-reduced stock powder
white pepper

SPREADS

peanut butter
tahini
vegan butter or margarine
vegemite or marmite

OILS

Olive oil
Sesame oil

OTHER

baking powder
canned tomatoes
caster sugar
chilli flakes
cinnamon
coriander seeds
cumin powder
cumin seeds
curry paste
curry powder
dried mixed herbs
dried oregano
fennel seeds
garam masala powder
ginger powder
raisins
tomato paste
TVP (textured vegetable protein)
vanilla essence