

**FRUIT**

bananas  
lemon  
oranges  
strawberries

**VEGETABLES**

asparagus  
beetroot  
broccoli  
butternut pumpkin  
carrots  
cauliflower  
celery  
cherry tomatoes  
chives  
cucumber  
eggplant  
fresh green beans  
garlic  
kale  
leek  
lettuce  
mixed salad leaves  
mushrooms  
onions  
potatoes  
red and green capsicums (bell peppers)  
red cabbage  
red onion  
rocket leaves (arugula)  
shallots  
spinach  
sweet corn  
tomatoes  
zucchini

**FRESH HERBS**

basil  
coriander  
mint  
parsley  
thyme leaves

**GRAINS**

22cm round rice papers  
arborio rice  
besan (chickpea) flour  
brown rice cakes  
cornmeal (polenta)  
rolled oats  
wholegrain pasta (spaghetti/shapes)  
wholemeal bread (sliced)  
wholemeal bread roll  
wholemeal crumpets

**LEGUMES**

Legumes  
adzuki beans  
borlotti beans  
brown lentils  
canned baked beans  
canned mixed beans  
cannellini beans  
refried beans  
snow pea sprouts

**REFRIGERATED**

firm tofu  
fortified soy milk  
hummus  
lentil patty or vegan patty of your choice  
silken tofu  
tempeh  
vegan cheese  
vegan sour cream  
veggie roast

**NUTS & SEEDS**

almonds  
chia seeds  
crushed peanuts  
ground flaxseed  
walnuts

**OILS**

Olive oil  
Sesame oil

**CONDIMENTS**

apple cider vinegar  
Black pepper  
Dijon mustard  
Iodised salt  
kala namak (black salt)  
lime juice  
Maple syrup or date syrup  
nutritional yeast flakes  
onion powder  
soy or tamari sauce  
sweet chilli sauce  
vegan beetroot dip  
vegan gravy powder  
vegan salt-reduced stock powder  
vegan Worcestershire sauce  
white vinegar

**SPREADS**

peanut butter  
tahini  
vegan butter or margarine

**OTHER**

black olives  
canned tomatoes  
chai tea  
chilli powder  
cinnamon  
dark cocoa powder  
dates  
dried cranberries  
dried mixed herbs  
dried oregano  
dried rosemary  
ginger powder  
paprika  
raisins  
smoked paprika  
sultanas  
sundried tomatoes  
tomato paste  
turmeric powder  
TVP (textured vegetable protein)