WEEK TWO  DAYS 8-14  VEGAN EASY CHALLENGE INGREDIENTS LIST

FRUIT
bananas
lemon
oranges
strawberries

VEGETABLES
asparagus
beetroot
broccoli
butternut pumpkin
carrots
cauliflower
celery
cherry tomatoes
chives
cucumber
dinner rolls
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

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 patties of your choice
silken tofu
tempeh
vegan cheese
vegan sour cream
veggie roast

NUTS & SEEDS
almonds
chia seeds
crushed peanuts
ground flaxseed
walnuts

OTHER
black olives
canned tomatoes
chai tea
chilli powder
spices
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)

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

NOTE  You may already have some of the ingredients in your kitchen – simply mark the ones you have and purchase the remaining ones. Most items will be available in your local supermarket and greengrocer. If you can’t find them, try a health store or shop online.