

FRUIT

avocado
bananas
blueberries
green apple
lemon
papaya
pineapple

VEGETABLES

broccoli
carrots
celery
corn
cucumber
eggplant
fresh green beans
frozen peas
garlic
ginger
kale
leek
lettuce
mixed salad leaves
mushrooms
onion
potatoes
red and green capsicums (bell peppers)
red onion
silverbeet
spinach
sweet potato
tomatoes
zucchini

FRESH HERBS

basil
coriander
parsley
rosemary sprigs

GRAINS

basmati rice
brown rice
buckwheat flour

corn flour
cornmeal (polenta)
plain rice (for sushi)
quinoa
rolled oats
wholegrain pasta (spaghetti/shapes)
wholemeal bread (sliced)
wholemeal bread roll
wholemeal burrito tortilla
wholemeal flour
wholemeal self-raising flour

LEGUMES

black beans
brown lentils
cannellini beans
chickpeas
red lentils

REFRIGERATED

firm tofu
fortified soy milk
hummus
low-fat coconut milk
tempeh
veggie patty

NUTS & SEEDS

almonds
chia seeds
ground flaxseed
pepitas
pine nuts

CONDIMENTS

apple cider vinegar
Black pepper
Dijon mustard
Iodised salt
kala namak (black salt)
lime juice
nutritional yeast flakes
soy or tamari sauce
sweet soy sauce

vegan gravy powder
vegan salt-reduced stock powder
vegan wasabi paste
vegan Worcestershire sauce

SPREADS

peanut butter
tahini
vegan butter or margarine

OILS

Olive oil
Sesame oil

OTHER

baking powder
bay leaves
black olives
caster sugar
cayenne pepper
chilli flakes
chilli powder
cinnamon
cumin powder
dates
dessicated coconut
dried apricot
dried basil
dried mixed herbs
dried rosemary
dried thyme
ground cloves
ground nutmeg
nori sheets
paprika
raisins
sundried tomatoes
sweet paprika
tomato paste
turmeric powder
vanilla essence
wheat germ