# WEEK THREE VEGETARIAN EASY CHALLENGE INGREDIENTS LIST

## 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

## 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

## GRAINS
- basmati rice
- brown rice
- buckwheat flour

## 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
- ground cloves
- ground nutmeg
- nori sheets
- paprika
- raisins
- sundried tomatoes
- sweet paprika
- tomato paste
- turmeric powder
- vanilla essence
- wheat germ

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**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.