

FRUIT

apple
avocado
bananas
berries
blueberries
lemon
mango
oranges
strawberries

VEGETABLES

beetroot
bok choy
broccoli
carrots
cauliflower
celery
Chinese cabbage (wom bok)
corn
cucumber
fresh green beans
frozen peas
garlic
ginger
kale
mushrooms
onions
potatoes
pumpkin
red and green capsicums (bell peppers)
red cabbage
rocket (arugula)
shallots
silverbeet
spinach
spring onion
swede
sweet potato
tomatoes
zucchini

FRESH HERBS

coriander
mint
parsley
rosemary sprigs

GRAINS

arborio rice
besan (chickpea) flour
brown rice
brown rice cakes
pearl barley
quinoa
rolled oats
udon noodles
vegan Indian flat bread (wholemeal)
wholegrain pasta (spaghetti/shapes)
wholemeal bread (sliced)
wholemeal couscous
wholemeal pita wrap

LEGUMES

black beans
brown lentils
cannellini beans
chickpeas
kidney beans
Mexican chilli beans
mixed bean sprouts
soy beans
yellow split peas

REFRIGERATED

firm tofu
fortified soy milk
hummus
low-fat coconut milk
plant-based meat
silken tofu
tempeh

CONDIMENTS

apple cider vinegar
black pepper
Dijon mustard
Iodised salt
lime juice
Maple syrup or date syrup
Mexican salsa
nutritional yeast flakes
soy or tamari sauce

sriracha sauce
sweet chilli sauce
sweet soy sauce
vegan gravy powder
vegan salt-reduced stock powder

NUTS & SEEDS

almonds
cashews
chia seeds
ground flaxseed
pepitas
sesame seeds
sunflower seeds

SPREADS

peanut butter
tahini

OILS

Olive oil
Sesame oil

OTHER

bay leaves
cayenne pepper
chai tea
chilli flakes
cinnamon
cocoa powder
cumin powder
cumin seeds
curry powder
dates
dried apricot
dried mixed herbs
dried wakame seaweed
ginger powder
miso paste
nutmeg
paprika
raisins
tomato paste
turmeric powder
vegetable stock