### Week Four: Vegan Easy Challenge Ingredients List

#### Fruit
- apple
- avocado
- bananas
- berries
- blueberries
- lemon
- mango
- oranges
- strawberries

#### 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

#### 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

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

#### Grains
- 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

**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.