

FRUIT

avocado
bananas
blueberries (frozen)
kiwi fruit
lemons and limes
mango (fresh or frozen)
mixed berries (frozen)
pineapple (fresh or frozen)
raspberries (fresh or frozen)
strawberries (fresh or frozen)

VEGETABLES

alfalfa sprouts
baby spinach
bean sprouts
beetroot (fresh or canned))
broccoli
broccolini
brown onions
carrots
celery
cherry tomatoes
corn kernels (canned)
fresh red chilli
frozen stir-fry vegetables
garlic
green beans
green leafy salad mix
kale
mushrooms
red & yellow capsicums (bell peppers)
silverbeet
spring onions
sweet potato
tomatoes
zucchini

FRESH HERBS

basil
coriander
parsley

GRAINS

brown rice
brown rice noodles
dark rye bread slices
quinoa
rolled oats
soba noodles
Thai-style rice noodles

wholegrain mini-wraps
wholemeal pasta spirals
wholemeal pita pockets
wholemeal plain (all-purpose) flour
wholemeal spaghetti
wholemeal wraps

LEGUMES

baked beans (canned)
black beans (canned)
cannellini beans (canned)
chickpeas (canned)
dry red lentils
red kidney beans (canned)

PLANT MILK

almond milk (unsweetened)
light coconut milk (unsweetened)
soy milk (unsweetened)

PROTEIN

firm tofu
shredded seitan (e.g. Suzy Spoon's, MeetCo)
soy protein isolate, or vanilla/chocolate
soy protein powder (e.g. Bulk Nutrients)
tempeh

NUTS & SEEDS

chia seeds
crushed peanuts
hemp seeds
pecans
pine nuts
white sesame seeds

CONDIMENTS

apple cider vinegar
black pepper
dijon mustard
Iodised salt
light soy sauce
liquid vegetable stock
maple syrup or date syrup
miso paste
nutritional yeast flakes
tamari sauce
tamarind paste
vegan basil pesto
vegetable stock cubes (low sodium)

SPREADS

hulled tahini
peanut butter
vegan butter or margarine (e.g. Nuttelex)

OILS

olive oil spray
sesame oil

OTHER

baking powder
burrito spice mix (e.g. Old El Paso)
canned diced tomatoes
chilli flakes
cinnamon
cocoa powder
coconut flakes
cumin powder
curry powder
dried mixed herbs
dried oregano
dried thyme
dry bay leaves
goji berries
Italian herbs
pitted dates
puffed rice cereal
sweet paprika powder
tomato paste
turmeric powder
TVP (textured vegetable protein)
vanilla extract
vegan dark chocolate

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.