

FRUIT

avocado
bananas
blueberries (frozen)
lemons and limes
mango (frozen)
mixed berries (frozen)
pear
pineapple (frozen or canned)
strawberries (fresh or frozen)

VEGETABLES

alfalfa sprouts
baby spinach
bean sprouts
beetroot (fresh or canned))
broccoli
broccolini
brown and red onions
butternut pumpkin
carrots
celery
cherry tomatoes
corn kernels (canned)
cucumber
fresh red chilli
frozen stir-fry vegetables
garlic
ginger
green leafy salad mix
mushrooms
red capsicums (bell peppers)
snow peas
spring onions
sweet potato
tomatoes

FRESH HERBS

basil
coriander
parsley

GRAINS

brown rice
dark rye bread slices
pulse penne pasta
quinoa
red lentil pasta
rolled oats
Singapore wok-ready noodles (e.g. Kan Tong)

soba noodles
Thai-style rice noodles
wholemeal bread roll
wholemeal pita pockets
wholemeal plain (all-purpose) flour
wholemeal wraps

LEGUMES

4 bean mix (canned)
baked beans (canned)
black beans (canned)
brown lentils (canned)
cannellini beans (canned)
chickpeas (canned)
dry red lentils
green soy beans (frozen)
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

black pepper
Iodised salt
light soy sauce
liquid vegetable stock
maple syrup or date syrup
nutritional yeast flakes
tamari sauce
tamarind paste
tomato sauce (or ketchup)
vegan basil pesto
vegan teriyaki marinade sauce

vegetable stock cubes (low sodium)

SPREADS

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

OILS

coconut oil
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
dry bay leaves
goji berries
Italian herbs
pitted dates
soy protein crisps
tomato paste
turmeric powder
TVP (textured vegetable protein)
vanilla extract

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.