

FRUIT

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

VEGETABLES

baby spinach
bean sprouts
broccoli
broccolini
brown and red onions
Brussel sprouts
butternut pumpkin
carrots
celery
cherry tomatoes
corn kernels (canned)
cucumber
eggplant
fresh red chilli
garlic
ginger
green beans
green leafy salad mix
kent pumpkin
mushrooms
red cabbage
red capsicums (bell peppers)
silverbeet
snow peas
spring onions
sweet potato
tomatoes
zucchini

FRESH HERBS

basil
coriander
parsley

GRAINS

brown rice

dark rye bread slices
quinoa
rolled oats
Singapore wok-ready noodles (e.g. Kan Tong)
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)
pinto beans (canned)
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

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

CONDIMENTS

black pepper
dijon mustard
Iodised salt
light soy sauce
liquid vegetable stock
maple syrup or date syrup
nutritional yeast flakes
rice vinegar
tamari sauce

tamarind paste
vegan chicken-style stock powder (e.g. Massel's)
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
capers (can)
cardamom pods
chilli flakes
cinnamon
cocoa powder
cumin powder
curry powder
dried mixed herbs
dried oregano
Italian herbs
pitted dates
soy protein crisps
sweet paprika powder
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.