



SHOPPING LIST

BREAD

- 1 loaf of wholemeal bread
- 1 loaf of Sourdough bread
- 1 packet tortilla wraps

TINS

- 2 tins baked beans
- 1 x 400g tin chickpeas
- 1 tin artichoke hearts
- 3 tins chopped tomatoes

JARS

- 1 jar of smooth nut butter eg peanut, almond or cashew
(budget option purchase cheaper brand of peanut butter)
- 1 jar of sandwich pickle eg Branston
- 1 jar of vegan mayonnaise (our favourite is Follow Your Heart Veganaise)
- 1 jar sauerkraut
- 1 small jar of sun dried tomatoes
- 1 small jar capers
- 1 small jar or packet of pitted black olives
- 1 small jar of red or green pesto

DRIED GOODS

- 1 tub or cocoa or cacao powder
- 1 tub of Nutritional Yeast Flakes eg Engivita
- 1 tub vegan stock powder (eg vegan Marigold)
- 1 small box of puffed rice, gf if necessary
- 1 small bag/box rolled oats, gf if necessary
- 1 small bag chickpea/gram flour
- 14-16 cannelloni tubes
- 250g brown rice or ready to eat brown rice
- 300g macaroni
- 500g vegan gnocchi

- 1 packet 'straight to wok' ribbon noodles (approx. 150g)
- 50g panko breadcrumbs (use GF breadcrumbs if necessary)
- 1 small bag plain flour

HERBS AND SPICES

- 1 jar of tagine paste
- 1 small jar turmeric
- 1 small jar cinnamon
- 1 packet dried bay leaves
- 1 jar dried basil
- 1 jar ground nutmeg
- 1 jar dried oregano
- 1 jar chilli powder
- 1 small jar of paprika or chilli flakes
- 1 jar cumin seeds
- 1 jar ground cumin
- 1 packet fresh dill
- 1 packet of fresh basil
- 1 packet fresh chives
- 1 packet of fresh coriander or jar of dried
- Salt
- Black pepper

OILS

- 1 small bottle of vegetable oil
- 1 small bottle olive oil
- 1 small bottle sesame oil

FRESH FRUIT

- 13 ripe bananas
- 1 lime
- 3 lemons
- 1 avocado
- 1 apple

SAUCES AND PASTES

- 1 jar Tahini paste
- 1 bottle of Tamari, Shoyu or Soya sauce
- 1 small bottle of vegan syrup eg maple or agave
- 1 small bottle of vanilla extract
- 1 tube tomato puree
- 1 bottle sweet chilli sauce
- 400ml jar passata
- 300-35-g katsu curry sauce
- 1 small bottle red wine (optional)

FRESH VEGETABLES

- 1 bulb garlic
- 3cm fresh ginger
- 1 packet of spinach
- 1 lettuce
- 1 packet of rocket
- 300g fresh mushrooms
- 3 medium fresh tomatoes
- 6 large tomatoes
- 1 punnet cherry tomatoes
- 1 cucumber
- 1 red pepper
- 1 medium courgette
- 1 packet of sprouted grains, eg alfalfa
- 1 fresh red chilli
- 2 green chillis
- 1 red onion
- 3 large white onions
- 1 bunch spring onions
- 1 head of celery
- 235g carrots
- 1.2kg potatoes
- 1 packet stir fry vegetables of your choice
- 800g sweet potato, butternut squash or pumpkin
- 3 aubergine

FROZEN

- 1 packet or veggie mince
- 1 packet of frozen peas

NUTS AND SEEDS

- 1 small packet of chia seeds
- 1 small packet of walnuts or hazelnuts, or peanuts for budget option
- 1 small packet of cashews
- 1 small packet of pine nuts
- 1 small packet of mixed seeds
- 1 small packet of sunflower seeds
- 1 packet of peanuts (unsalted)
- 1 small packet pumpkin seeds
- 1 small packet cacao nibs
- 1 small packet of goji berries
- 1 small packet of medjoul dates
- 1 small packet of cranberries

REFRIGERATED

- 1 packet vegan sausages, Linda McCartney for example
- 1 tub vegan butter eg Naturli, Flora or Vitalite
- 1 block of vegan cheese (we like Bute Island Sheeze Strong Cheddar. There's also Koko, Violife, Daiya, VBites, supermarket own brands)
- 1 block of vegan melting cheese (we used Bute Island Sheeze Greek Style)
- 1 block of vegan Parmesan (eg Violife Prosociano)
- 1 packet marinated tofu pieces (eg Cauldron)
- 3 packets of firm tofu (eg Tofoo or Cauldron)
- 1 packet vegan chicken-style pieces
- 1 tub vegan coleslaw or make your own
- 1 packet of vegan rashers (vegan bacon or tempeh), eg Tofurky, Impulse Food or VBites

LOGLIFE

- 1 carton Almond Milk
- 1 packet firm silken tofu