

vegan shopping list

fruit

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|-------------|-----------------|
| Bananas | 6 small |
| Blueberries | 250g |
| Kiwi (ripe) | 1 large |
| Limes | 5 |
| Raspberries | 1 x 125g punnet |

oils & sauces

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| Mirin | Small bottle |
| Olive oil | 300ml at least |
| Mushroom ketchup | Small bottle |
| Red wine vinegar | Small bottle |
| Sesame oil | Small bottle |

fridge

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|--------------------------|--------------|
| Almond milk, unsweetened | 720ml |
| Almond yogurt | 100g |
| Coconut yogurt | 100g |
| Extra firm tofu | 1240g |
| Soya milk | Small carton |

vegetables

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|-------------------|----------------|
| Avocado | 2 |
| Baby corn | 175g |
| Beetroot (raw) | 4 |
| Butternut squash | 1 |
| Carrots | 5 |
| Celeriac | 1 |
| Celery sticks | 1 |
| Cherry tomatoes | 300g |
| Courgettes | 2 (large) |
| Fine green beans | 420g |
| Onion, white | 6 |
| Onion, red | 4 |
| Parsnips | 400g |
| Potatoes (baking) | 1.2kg bag |
| Red cabbage | 85g |
| Red pepper | 1 |
| Spinach | 80g bag |
| Spring onions | 6 |
| Sweet potatoes | 4 (or 2 large) |
| Tomatoes | 7 large |
| Yellow Pepper | 1 |

storecupboard

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|-----------------------------------|-------------------|
| Almonds | 50g |
| Almonds, flaked | 20g |
| Brown basmati rice | 225g |
| Chia Seeds | 50g |
| Chickpeas | 2 x 400g can |
| Chopped tomatoes | 2 x 400g can |
| Cornflour | Small pack |
| Strong white flour (or '00') | 100g |
| Flour, wholemeal | 100g |
| Green lentils | 1 x 390g can |
| Lasagne sheets (egg-free) | 9 |
| Lentils | 2 x 400g can |
| Linguine, wholemeal | 115g |
| Nutritional yeast | 2 tbsp |
| Oats, jumbo | 500g |
| Red split lentils | 250g |
| Rye bread (we used Biona) | 1 loaf (6 slices) |
| Sesame seeds | 2 tbsp |
| Tamarind paste | 1 1/2 tsp |
| Three bean salad | 1 x 400g can |
| Vanilla extract | 2 tsp |
| Vegetable bouillon powder (vegan) | Small pot |
| Walnuts | 100g pack |
| White miso | Small jar |

herbs & spices

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|-------------------|----------------|
| Chilli flakes | Small pot |
| Coriander (fresh) | 100g pack |
| Cumin seeds | Small pot |
| Dried oregano | Small pot |
| Garlic | 2 bulbs |
| Ginger (fresh) | 60g |
| Ground cinnamon | Small pot |
| Ground coriander | Small pot |
| Ground cumin | Small pot |
| Ground turmeric | Small pot |
| Mint | Small pack |
| Nutmeg | 1 whole |
| Parsley | 2 small packs |
| Red chillies | 4 |
| Smoked paprika | Small pot |
| Thai basil | 1/2 small pack |
| Thyme | 1/2 small pack |