

BASIC SHOPPING LIST

Sainsbury's delivery - for approximately 20 (organic where possible)

Items needed for each month	In stock	To buy
2 Oat milk		
2 Rice milk		
8 almond milk (for Golden Temple Milk)		
6 tubs Hummus		
Vegan margarine, 3 blocks or 2 tubs		
12 tubs olives		
1 tub mustard powder		
1 jar fenugreek		
Small bag dark brown sugar		
1 small jar coconut oil		
1 small jar cloves		
1 small jar caraway		
8 kg carrots		
White onions		
10 bulbs garlic		
6 leeks		
2 kg parsnips		
1kg White potatoes		
1kg sweet potatoes		
Celery x4		
2 large jars or cartons of Tomato passata		
Jar of tomato puree		
500g fresh ginger		
Watercress 4 bunches		
Large white or red cabbage		
12 kg pears		
12 kg apples		
Case of satsumas		
Butternut squash x 8		
4 crusty loaves of bread		
20 extra jacket potatoes		
4 loaves of seeded bread		

Stock cupboard items to always buy	In stock	To buy
2 Pure dairy Free Spread		
5kg Rice, large bag		
2 kg Raisins		
1 kg walnuts		
500g sunflower seeds		
500g pumpkin seeds		
1 large tub hot curry powder		
1 tub basil		
1 tubs ground cumin		
1 tubs garam masala		
1 tub turmeric		
1 box bay leaves		
Cayenne pepper		
Crushed chilli flakes		
Dried coriander powder		
1 coarse ground black pepper		
Cinnamon sticks		
Black peppercorns		
Cardamom pods		
Ground cumin		
1 bottle Almond oil		
Sea salt		
Cinnamon		
Nutmeg		
1 bag Desiccated coconut		
1 tub vegan bouillon (<i>Marigold salt reduced, vegan friendly</i>)		
500g marmite		
3L tin of olive oil		
6 tins tomatoes		
2 kg mung beans		
2 kg lentils (red)		
4 kg porridge oats, gluten free		
12 packets rice cakes		
6 Agave nectar or carob syrup.		
2 large tubs Meridian peanut		

