

BASIC SHOPPING LIST

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

Items needed for each month January	In stock	To buy
2 Oat milk		
2 Rice milk		
8 almond milk (for Golden Temple Milk)		
6 tubs Hummus		
12 tubs olives		
Chickpea flour		
Tamarind paste		
10 large leeks		
10 kg onions		
Garlic powder, 1 jar		
3 tins coconut milk		
2 large cartons or bottles of passata		
1 jar tomato puree		
Mango chutney 2 jars		
4 packs pitta bread		
Celery x6		
4 kg sweet potatoes		
9 kg white potatoes		
2 jars whole earth peanut butter		
Large bag unsalted peanuts		
2 bags kale		
4 bunches spring onions		
2kg green apples		
6 lemons		
6 Crusty loaves		
Garlic x 9		
6kg carrots		
Tomato puree a jar		
2 kg brussels sprouts		
Coconut oil (should be left from last month)		
4 kg carrots		
4 swede		
8 kg apples		
4 kg baking apples		

12 kg pears		
6 crusty loaves		
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		

