

BASIC SHOPPING LIST

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

Items needed for each month March	In stock	To buy
2 Oat milk		
2 Rice milk		
8 almond milk (for Golden Temple Milk)		
6 tubs Hummus		
6 tubs olives		
10 kg White onions		
10 kg parsnips		
10 kg carrots		
8 bulbs garlic		
Dried thyme		
Dried Rosemary		
Smoked Paprika		
500g brown lentils or green		
20 large sweet potatoes		
Extra rolled oats for loaf		
Jar tomato puree		
16kg white potatoes		
4 bags spring greens		
24 large leeks		
8 fresh lemons		
2 cans coconut milk		
Large white cabbage		
4 bunches spring onions		
10 green apples		
6 loaves crusty bread		
20 large Fresh Beetroots		
Celery x2		
6 bunches radishes		
Jar of Tahini		
Sesame seeds a packet		
Rhubarb to stew		
4 wholemeal 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 butter		
Jacket potatoes, enough for 1 per		

