

BASIC SHOPPING LIST

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

Items needed for each month May	In stock	To buy
2 Oat milk		
8 almond milk (for Golden Temple Milk)		
6 tubs Hummus		
6 tubs olives		
8kg sweet potatoes		
1 kg fresh ginger		
Fresh Tarragon or dried		
6 bulbs garlic		
1 jar fenugreek		
10 kg white onions		
3 tubs coconut yogurt		
8 crusty loaves		
2 seeded loaves		
2 wholemeal loaves		
10 punnets strawberries		
6 Romaine lettuce		
Mixed peppers 3		
2 bags rocket		
2 bags spinach		
6 bunches spring onions		
4 bunches watercress		
6 kg carrots		
6 lemons		
Fresh parsley		
Large white cabbage		
Jar of Vegan mayonnaise		
10 large marrows		
500g mixed nuts		
Extra bag of oats		
Wholemeal bread x3		
6 kg new potatoes		
5 kg fresh peas		
4 bags spring greens		
10kg conference pears		
6 kg cooking apples		

Rhubarb		
Oranges		
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		

