

BASIC SHOPPING LIST

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

Items needed for each month November	In stock	To buy
2 Oat milk		
2 Rice milk		
8 almond milk (for Golden Temple Milk)		
6 tubs Hummus		
6 tubs olives		
3 blocks Naturli margarine		
4kg white onions		
Celery x8		
6 leeks		
4 kg parsnips		
20 garlic bulbs		
500g ginger		
1 extra tin tomatoes		
1 kg brussels sprouts		
Watercress, 4 bunches		
Kale 2 bags		
6 kg apples		
8 kg carrots		
3 kg sweet potatoes		
6 lemons		
15 kg white potatoes		
Fresh Rosemary 1 packet		
30 Fresh beetroot		
Vegan mayonnaise 1 jar		
Crusty bread x6		
Purple carrots 1 kg		
Tarragon fresh or dried		
Tomato puree, a jar		
Box of cornflour		
Red currant jelly 1 jar		
500g Puy lentils dried or tinned		
Fennel seeds		
6kg apples		
6kg pears		
2 punnets cranberries		
4 loaves wholemeal bread		

Stock cupboard items to always buy	In stock	To buy
1 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		
3 tubs 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		

