

BASIC SHOPPING LIST

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

Items needed for each month October	In stock	To buy
2 Oat milk		
2 Rice milk		
8 almond milk (for Golden Temple Milk)		
Vegan margarine, Naturli blocks if possible x 3		
6 tubs Hummus		
12 tubs olives		
1 kg ginger		
White onions 6 kg		
Garlic Bulbs 12		
Carrots 4 kg		
Parsnips 2 kg		
Courgettes 4kg		
4 butternut squash		
Tomato puree a jar		
Block of vegan cheeze		
1 tub Nutritional yeast		
1 small bag gluten free flour		
6 red onions		
2 red peppers		
3 boxes lasagne sheets, gluten free		
4 kg apples		
6 kg pears		
Blackberries 2 punnets		
3 kg cooking apples		
Romaine Lettuce x 4		
Kale 2 bags		
Celery 4 bunches		
Cucumber 3		
Spinach 3 bags		
Tomatoes 3 kg		
Fresh basil 1 pot		
Limes x 3		
Mixed salad leaves 4 bags		
3 Green peppers		

2 packs runner beans		
2 bags rocket		
1 White cabbage large		
Crusty loaves x 4		
Wholemeal bread sliced x 4		
Gluten Free bread if needed		
2 kg sweet potatoes		
Stock cupboard items to always buy	In stock	To buy
1 Pure dairy Free Spread		
5kg Rice, large bag		
1 kg Raisins		
1 kg walnuts		
1 kg brazil nuts		
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		
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		
8 packets rice cakes		

6 Agave nectar or carob syrup.		
2 large tubs Meridian peanut butter		
Jacket potatoes, enough for 1 per person		
8 lemons		
3 Melons		
45 baking potatoes		