

## Beans, Grains and Pasta

- Amaranth
- Arborio rice
- Azuki beans
- Barley
- Brown basmati rice
- Brown rice – long grain
- Brown rice – short grain
- Cannelini beans
- Couscous
- Garbanzo beans (chickpeas)
- Green lentils
- Jasmine rice (white/brown)
- Lasagne noodles
- Oat flakes
- Pinto beans
- Puy lentils
- Quinoa
- Red lentils
- Soba noodles
- Udon noodles
- Whole grain linguine
- Whole grain penne

## Baking Supplies

- Active dried yeast
- Almond meal/flour
- Aluminium-free baking powder
- Barley flour
- Brown rice flour
- Buckwheat flour
- Cornmeal
- Grain-sweetened chocolate chips
- Oat flour
- Organic cocoa powder
- Unbleached white wheat flour
- Vanilla extract
- White spelt flour
- Whole grain spelt flour
- Whole wheat pastry flour

## Dried Fruits, Nuts and Seeds

- Almonds, flaked
- Almonds, whole
- Cashews
- Dates
- Dried apricots
- Dried figs
- Flaxseeds
- Goji berries
- Hazelnuts
- Hemp seeds
- Pecans
- Prunes
- Pumpkin seeds
- Raisins
- Sesame seeds
- Sunflower seeds
- Walnuts

## Cans, Jars and Packaged Goods

- Assorted canned organic beans
- Canned Roma tomatoes
- Canned dolphin-friendly tuna
- Coconut milk
- Jar of dill pickles
- Organic fruit juices
- Whole grain breakfast cereals

## Condiments and Miscellaneous

- Arrowroot
- Assorted dried herbs and spices
- Barley miso
- Black pepper
- Capers
- Dijon mustard
- Herbamare
- Himalayan salt
- Kudzu
- Mayonnaise
- Mirin
- Sea salt

- Shoyu
- Sun dried tomatoes
- Sweet chilli sauce
- Tamari
- Tomato ketchup
- Umeboshi plum vinegar
- White miso
- White pepper
- Whole grain mustard
- Worcestershire sauce

## Oils and Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Brown rice vinegar
- Coconut oil
- Extra-virgin olive oil
- Light sesame oil
- Red wine vinegar
- Toasted sesame oil

## Seaweeds

- Agar agar
- Arame
- Hiziki
- Kombu
- Nori
- Wakame

## Sweeteners

- Agave syrup
- Barley malt
- Brown rice syrup
- Fruit juice concentrate
- Maple syrup
- Stevia

## Vegetables

- Assorted herbs: dill, mint, oregano, parsley, sage, rosemary, thyme
- Artichokes
- Asparagus
- Basil
- Beets
- Broccoli
- Burdock root
- Cabbage

- Carrots
- Cauliflower
- Celery
- Chilies
- Chives
- Cilantro
- Collard greens
- Corn
- Cucumbers
- Daikon radish
- Dandelion greens
- Eggplant (aubergine)
- Garlic
- Green onions
- Kale
- Lettuce
- Onions
- Peppers
- Potatoes
- Shiitake mushrooms
- Spinach
- Sprouts
- Squash
- Sugar snap peas
- Sweet potatoes
- Tomatoes
- Zucchini

## Kitchen Supplies

- Aluminium foil
- Cleaning sponges
- Cling film
- Dish towels (tea towels)
- Dishwashing liquid
- Kitchen cleaner
- Paper towels
- Parchment paper
- Ziplock storage bags

## Refrigerated Items

- Assorted milks
- Assorted cheeses: goat, feta
- Earth balance (vegan butter)
- Eggs
- Veganaise
- Tempeh
- Tofu