

**Combined From Both Books  
Basic pantry shopping list**

- Allspice
- Almond meal
- Almonds
- Almonds, flaked
- Apple juice, organic
- Apricots, dried
- Apricot fruit spread
- Baking powder
- Balsamic vinegar
- Bamboo skewers
- Barley
- Barley green powder
- Basmati rice
- Bay leaves
- Blueberries, frozen
- Borlotti beans, dried
- Black olives
- Brazil nuts
- Bread for wraps (flat/pocket/  
Mexican)
- Bread improver
- Bread, spelt or multigrain
- Butter (lima) beans, dried
- Butter (lima) beans, tin
- Cannellini beans, dried
- Cannellini beans, tin
- Celtic sea salt
- Chappati bread
- Chickpeas (garbanzo), dried
- Chickpeas (garbanzo), tin
- Chilli powder
- Chinese five spice
- Chocolate, dark
- Chocolate, dark for cooking
- Cinnamon sticks
- Cloves
- Cocoa powder, Dutch
- Coriander (cilantro), ground
- Cumin, ground
- Currants
- Dates, dried
- Dijon mustard
- Fennel seeds
- Figs
- Fish sauce
- Fruit spread
- Garam masala
- Gherkins
- Grape seed oil
- Honey (cold extracted)
- Hot paprika
- Ice-cream cones, plain
- Kidney beans, dried
- Kidney beans, tin
- Lentils, brown
- Lentils, red
- Liquorice
- Linseeds
- Mackerel, tin
- Macadamia nuts
- Maple syrup, pure
- Marsala, dry
- Millet meal
- Mirin
- Miso
- Mountain bread
- Muslin and string
- Nori, dried seaweed
- Olive oil, lemon flavoured
- Olive oil, cold pressed
- Olives, baby
- Olives, kalamata
- Oregano, dried
- Oven baking bags
- Oyster sauce
- Peas, frozen
- Pecan nuts
- Pepita seeds
- Peppercorns, for pepper mill
- Pistachios
- Pitted cherries, jar
- Preserved lemons
- Protein powder
- Prunes, pitted
- Quinoa
- Raisins
- Red curry paste, jar
- Rice crackers, plain
- Rice crackers, seaweed
- Rice flour
- Rice paper wrappers
- Rice vinegar
- Rolled oats
- Salmon, tin
- Sardines, tin
- Sesame seeds
- Spelt flour, white
- Spelt flour, wholemeal
- Spelt pasta, wholemeal
- Sprouting seeds (alfalfa,  
radish, red clover, chickpea  
(garbanzo))
- Stock, beef
- Stock, chicken
- Stock, vegetable
- Sugar, icing (powdered)
- Sugar, castor
- Sugar, raw castor
- Sumac
- Sun-dried tomatoes
- Sunflower seeds
- Sweet chilli sauce
- Sweet paprika
- Tahini
- Tamari
- Tea leaves, earl grey
- Tea leaves, green
- Tea leaves, lemongrass and  
ginger
- Tea leaves, liquorice
- Tea leaves, peppermint
- Tuna, tin
- Thai fish sauce
- Thai red curry paste
- Tomato paste
- Tomatoes diced, tin
- Tumeric
- Tuna, tin
- Vanilla beans/vanilla  
essence
- Walnuts
- White vinegar
- Wine, dry red
- Wine, dry white
- Wholegrain bread
- Yeast, dried

**Combined From Both Books  
Fresh food shopping list**

**Meat**

- Bacon, middle rashers
- Beef, corned
- Beef, lean minced
- Beef, pot roast
- Chicken, breast
- Chicken, thighs/drumsticks
- Chicken, whole
- Fish fillet
- Fish, snapper or red mullet
- Lamb, backstrap or steak
- Lamb cutlets
- Lamb shanks
- Osso buco steak
- Salmon steak
- Seafood marinara mix
- Smoked salmon
- Squid hoods
- Steak, eye fillet
- Steak, porterhouse
- Steak, rump
- Steak, scotch

**Sundry**

- Sushi
- Miso soup
- California roll

**Dairy**

- Bocconcini
- Butter
- Buttermilk

- Chocolate soy ice-cream
- Eggs, free-range or organic
- Feta cheese
- Goat's feta, marinated
- Haloumi
- Kefalograviera cheese
- Milk, organic
- Mozzarella cheese
- Parmesan cheese
- Ricotta, fresh
- Tofu
- Yoghurt, Greek
- Yoghurt, natural

**Fruit & vegetables**

- Apricots
- Asian basil leaves
- Asparagus
- Avocado
- Basil
- Bay leaves
- Been sprouts
- Beetroot (beet)
- Blueberries
- Bok choy
- Borlotti beans
- Broad (fava) beans
- Broccoli
- Broccolini (baby broccoli)
- Capsicum (pepper), red
- Capsicum (pepper), green
- Carrot
- Celery
- Cherries
- Chillies, red/green
- Chinese broccoli
- Chinese cabbage

- Coriander (cilantro)
- Cucumber, lebanese
- Dates, fresh
- Eggplant (aubergine), large
- Eggplant (aubergine), oriental
- Fennel bulb
- Fig
- Garlic
- Ginger
- Grapes
- Green apples
- Green beans
- Kale (Tuscan cabbage)
- Kiwifruit
- Leek
- Lemongrass stalk
- Lemons
- Lettuce, butter
- Lettuce, cos (romaine)
- Lettuce, iceberg
- Limes
- Mandarins
- Mango
- Mint
- Mint, Vietnamese
- Mushrooms, assorted
- Mushrooms, button
- Mushrooms, large
- Nectarines
- Onions, brown
- Onions, pickling
- Oranges
- Oregano, fresh
- Parsley, flat-leaf
- Parsnip
- Passionfruit

- Pea pods
- Peaches
- Pears
- Pineapple
- Potato
- Pumpkin, Jap
- Radish
- Raspberries
- Red cabbage
- Rhubarb
- Rocket leaves (arugula)
- Rosemary
- Salad leaves, mixed
- Spanish onions
- Spinach leaves, English
- Spinach leaves, baby
- Spring onions
- Sprouts, mixed
- Strawberries
- Sugar snap peas
- Sweet potato
- Thyme
- Tomatoes, cherry
- Tomatoes, large
- Tomatoes, Roma
- Watercress
- Zucchini (courgette)