

**From MC Cookbook
Basic pantry shopping list**

- Allspice
- Almond meal
- Almonds
- Almonds, flaked
- Apple juice, organic
- Apricot fruit spread
- Baking powder
- Balsamic vinegar
- Bamboo skewers
- Bay leaves
- Blueberries, frozen
- Borlotti beans, dried
- 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
- Chickpeas (garbanzo), tin
- Chilli powder
- Chinese five spice
- Chocolate, dark for cooking
- Cinnamon sticks
- Cloves
- Cocoa powder, Dutch
- Coriander (cilantro), ground
- Cumin, ground
- Currants
- Dates, dried
- Dijon mustard
- Fennel seeds
- Fish sauce
- Garam masala
- Honey (cold extracted)
- Hot paprika
- Linseeds
- Macadamia nuts
- Maple syrup, pure
- Marsala, dry
- Mirin
- Miso
- Muslin and string for herb bags
- Nori, dried seaweed
- Olive oil, lemon flavoured
- Olive oil, preferably cold pressed
- Olives, baby
- Olives, kalamata
- Oregano, dried
- Oven baking bags
- Peas, frozen
- Pepita seeds
- Peppercorns, for pepper mill
- Pistachios
- Pitted cherries, jar
- Preserved lemons
- Prunes, pitted
- Quinoa
- Raisins
- Red curry paste, jar
- Red kidney beans, tin
- Red lentils
- Rice flour
- Rice paper wrappers
- Rice vinegar
- Rolled oats
- Sesame seeds
- Spelt flour, white
- Spelt flour, wholemeal
- Sprouting seeds (alfalfa, radish, red clover, chickpea (garbanzo))
- Stock, beef
- Stock, chicken
- Stock, vegetable
- Sugar, icing (powdered)
- Sugar, raw castor
- Sumac
- Sun-dried tomatoes
- Sunflower seeds
- Sweet paprika
- Tahini
- Tamari
- Thai red curry paste
- Tomato paste
- Tomatoes diced, tin
- Tuna, tin
- Vanilla beans/vanilla essence
- Walnuts
- White vinegar
- Wine, dry red
- Wine, dry white
- Yeast, dried

**From MC Cookbook
Fresh food shopping list**

Meat

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

Sundry

- Bocconcini
- Butter
- Buttermilk
- Eggs, free-range or organic
- Feta cheese
- Goat's feta, marinated
- Haloumi
- Kefalograviera cheese
- Milk, organic
- Parmesan cheese, grated and whole
- 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
- Broccolini (baby broccoli)
- Capsicum (peppers), red
- capsicum (peppers), green
- Carrot
- Celery
- Cherries
- Chillies, red
- 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
- Passionfruit
- Pea pods
- Peaches
- Pears
- Pineapple
- Potato
- Pumpkin, Jap
- Raspberries
- Red cabbage
- 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)