

A Salad a Day

Pantry Essentials

Difs, Vinegars and Mustards

Avocado oil
Coconut oil
Macadamia oil
Olive oil
Sesame oil
Tamari

Apple cider vinegar
Balsamic vinegar
Red wine vinegar
Rice wine vinegar
White vinegar
Bragg's Seasoning

Seeded mustard
Dijon mustard
Soy milk (or other non-dairy milk)

Sugar and Spice

Himalayan pink sea salt
Pepper
Rapadura sugar
(or coconut sugar)
Maple syrup / rice malt syrup
Peanut Butter

Cajun Seasoning
Ground cumin
Ground coriander
Cinnamon
Moroccan seasoning
Oregano
Smoked paprika

Thyme
Curry powder
Garlic - cloves, paste or flakes
Ginger - minced
Savoury yeast flakes

Canned Goods

Black beans
Cannellini beans
Champignons
Chickpeas
Lentils
Red kidney beans

Dried Fruit, Nuts and Seeds

Quinoa
Cous Cous
Pepitas
Sunflower seeds
Sultanas / raisins

Fennel seeds
Sesame seeds
Tahini
Pistachios
Pine nuts
Walnuts

Where To Buy

Everything listed should be available in:
- Major supermarkets
- Health food stores

Online at Bulk Foods Australia
Online at Changing Habits



Sweets
and
Greens