

Animal-friendly groceries

Protein

- Tofu
- Tempeh
- Legumes
- Vegan meat alternatives
- Protein powder

Legumes

- Kidney Beans
- Black Beans
- Butter beans
- Pinto beans
- Chickpeas
- Split peas
- Lentils

Meat Alternatives

New meat alternatives are constantly appearing on supermarket shelves. They can be found in the meat section, near the tofu, or in the freezer.

Common brands that are completely vegan or have vegan options include: Beyond Meat, Impossible, Next!, Made With Plants, Plantitude, V2, Sunfed, Get Plant'd, Meet, Natruli, vEEF, Veggie Delight, Nature's Kitchen, Quorn, Herb and Sons, and Birds Eye.

Fruit & Veg

Choose a variety of fresh fruits and vegetables every week!

Grains

- Rice
- Buckwheat
- Quinoa
- Oats
- Pasta
- Noodles

Nuts & Seeds

- Brazil
- Almonds
- Pistachios
- Walnuts
- Cashews
- Peanuts
- Pumpkin Seeds
- Sunflower Seeds
- Sesame Seeds
- Flax seeds
- Chia seeds

Fridge items

- Dips (Hummus, beetroot, Chris' plant based range, Black Swan, Botanical, JimJamFoods, Nuffin, Simply Delish)
- Butter (Nuttelex, Table Lands dairy-free, Miyoko's)
- Yoghurt (Nakula, CoYo, Nudie, Cocobella, Vitasoy, Platitude)
- Cheese (Bio Cheese, Sheese, Natures Kitchen, Made With Plants)

Freezer items

- Frozen fruits
- Frozen vegetables
- Pies (Four'N'Twenty meat free, Pie Society, Fry's, Nature's Kitchen)
- Ice-cream (Vegan Golden Gaytimes, Vegan Magnums, Vegan Drumsticks, Pana, Over the Moo, Weis (Sorbets), Pround & Punch, Connoisseur Plant Based)

Stocks & sauces

- Stock (Massel plant-based, Coles vegan style)
- Liquid Smoke
- Vegan Mayonnaise (S&W, Hellman's, Coles, Praise Vegan, Heinz Vegan)
- Saclá Free-From Dairy Pesto
- Macro Wholefoods Market Certified Organic Bolognese
- Five Tastes Green Curry Paste
- Fountain Satay Sauce
- Soy Sauce/tamari
- Amino acids

Spices

Most spices are vegan, just be sure to check pre-mixed ones as they may contain some animal-based ingredients like chicken, milk, or fish.

Egg alternatives

- Orgran No Egg
- Meliora Plant Based Egg
- Well & Good Egg Replacer
- Apple sauce
- Ground flax seeds
- Ground chia seeds
- Aquafaba (chickpea water)
- Silken tofu

Pantry items

- Plant-based milk
- Tinned tomato
- Coconut milk/cream
- Nutritional yeast
- Vinegar (apple cider, balsamic, red/white wine)
- Maple syrup
- Agave syrup

Savoury snacks

- Patak's Mini Pappadums
- BBQ Shapes
- Harvest Snaps
- Chips (Kettle Sea Salt, Salt & Vinegar, Red Rock Deli Chips Sea Salt & Balsamic Vinegar, Burger Rings)
- Original (Doritos)
- Crackers (Arnott's Cruskits, Vita-Weats Original, Jatz/Ritz Crackers)

Sweets

- Biscuits (Arnott's choc Ripple, gingernut, & lemon crisp, Leda, Lotus biscoff)
- Chocolate (Vego, Alter-Eco, Lindt vegan, Pana, Sweet Williams)
- Lollies (Skittles, Sour Patch Kids, Natural Confectionary vegan, Allens Jelly Beans, Jubees, X-Treme Sour Straps)
- Coco2 (Original Spread)
- Cadbury Hot Chocolate Powder
- Milo Pant-Based

Supplements

Pea, hemp, quinoa, rice, or soy protein powders (Vital, Blessed, Prana, White Wolf, Macro Mike) B12 (Naturopathica, Now)

Health & Beauty

- Toothpaste (Colgate, Grants, Red Seal, White Glo)
- Deodorant (Body Crystal, No Pong, Tom's, Humble)
- Detergent (Green Choice, Organic Choice, Earth's Choice)
- Laundry Detergent (Earth's Choice, Organic Choice)