

## BEANS & PULSES

- Brown peas
- Field peas
- Chickpeas
- Lentils – brown
- Lentils- yellow
- Lentils – green
- Lentils – red
- Kidney beans
- Split peas
- White beans
- Black beans

## NUTS

- Almonds
- Cashew
- Hazelnuts
- Grated coconut
- Walnuts (pieces)

## GRAINS

- Buckwheat
- Couscous (wholegrain)
- Barley flakes
- Millet
- Oatmeal
- Oat flakes
- Corn
- Muesli
- Pasta (wholegrain fusilli)
- Pasta (spelt)
- Pasta (wholegrain penne)
- Pasta (wholegrain spaghetti)
- Quinoa
- Rice (basmati brown)
- Rice (basmati white)
- Rice (Risotto)
- Rice (brown rice)
- Rice (white rice)

## VEGETABLES & FRUITS

- Seasonal fresh vegetables and fruits

## OIL & VINEGARS

- Coconut oil
- Olive oil (extra virgin)
- Sunflower oil
- Apple vinegar
- Balsamic vinegar

## SEEDS

- Chia seeds
- Hemp seeds
- Flaxseeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

## SPICES & HERBS

- Sea salt
- Pink salt
- Black pepper
- Cayenne pepper
- Coriander
- Oregano
- Basil
- Garlic powder
- Cardamom
- Curcuma
- Cinnamon
- Curry powder
- Cumin
- Nutmeg
- Star anise
- Chili powder
- Vegetable stock powder

## HOUSEWARES

- Stainless Steel Straw
- Stainless Steel Water Bottle
- Bamboo Toothbrush
- Compostable Sponge
- Coconut dish brush
- Shampoo bar