

Canned food list



Fish

- ◯ Mackerel
- ◯ Tuna
- ◯ Anchovies

Tomatoes and coconut milk

- ◯ Chopped tomatoes
- ◯ Coconut milk

Beans and lentils

- ◯ Baked beans
- ◯ Red kidney beans
- ◯ Chickpeas
- ◯ Green lentils
- ◯ Black lentils

Vegetables

- ◯ Carrots
- ◯ Potatoes
- ◯ Peas
- ◯ Corn and red pepper mix

Soup and full meals

- ◯ Soup
- ◯ Full meals

Listonic

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