**Fruits**

Bananas

Strawberries

Nectarines

Peaches

Blueberries

Apples

Cherries

Kiwis

Grapes

Grapefruit

Clementine

Oranges

Avocadoes

Dried dates

Mangoes

Guava

Raspberries

Pineapples

Watermelons

Honeydews

Cantaloupes

**Vegetables**

Potatoes

Onions

Green chillies

Green pepper

Coloured pepper

Green beans

Carrots

Cabbage

Cauliflower

Spinach

Broccoli

Eggplant

Spring onion

Tomatoes

Cucumbers

Carrots

Lettuce

Frozen peas

Frozen mixed vegetables

Frozen corn kernels

Frozen stir fry mix

**Grain**

Sliced whole wheat bread

Sliced white bread

Hot dog buns

Hamburger buns

Croissant – mini

Croissant – large

Bagels

Sub buns

Tortilla pack

Pasta pack

Spaghetti pack

Kraft dinner box

**Dairy**

Milk – 1 %

Milk – 2 %

Milk – 3 %

Grated mozzarella

Kraft – TexMex packet

Cream cheese

Cheese strings

Laughing cow

Ricotta

Parmesan

Yogurt – plain

Yogurt – flavoured

Yogurt – snack cups

Salted butter

Margarine

Eggs

**Meat**

Bacon

Deli slices

Boneless chicken breast

Boneless chicken thighs

Bone-in chicken breast

Chicken drumsticks

Whole chicken

Chicken wieners

Frozen sole fillet

Frozen salmon fillet

Frozen meatballs

**Other**

Soy sauce

Chilli garlic paste

Knorr veg. bouillon

Salad dressing

Garlic cloves

Ginger

Cinnamon

Baking powder

Chilli flakes

Salt

Black pepper powder

Canola oil

Mustard

Relish

Ketchup

Sesame oil

Italian seasoning

Peanut butter

Nutella

Cashews

Almonds

Walnuts

Canned olives

Canned hot peppers

Canned crushed tomatoes

Canned tomato juice

Dill pickles