

**ALCOHOL:** white-wine (90), red-wine (200),

**CONDIMENT:** oregano (1), thyme (0.5), paprika (1.5), garlic-salt (0.25), cinnamon (1), thyme/smoked-paprika/chilli-flakes (1),

**DAIRY:** egg (12), double-cream (90), parmesan-cheese (0.5), butter (1), cheese-sticks (1), yogurt (1), juice (1), milk (1),

**FROZEN:** frozen-berries (1), ice-cream (1),

**FRUIT\_VEG:** brown-onion (1), garlic (4), sun-dried-tomatoes (150), red-capsicum (3), baby-spinach (120), fresh-parsley (1), ginger (1), red-chilli (2), zucchini (1), spring-onion (12), celery (1), carrot (1), dates (1), apples (1), bananas (1), carrots (1), kale (1), avocado (2), mushrooms (500),

**MEAT:** chicken-breast (1200), beef-mince (500), pancetta (150),

**MEDICINAL:** panadol (1), nurofen (1), demazin (1), betadine (1), band-aids (1), sudafed (1), strepsils (1), eucalyptus (1),

**OTHER:** plain-flour (3), tomato-paste (2), chicken-stock (2), fassili-pasta (500), rice-wine (2), white-pepper (0.25), dark-soy-sauce (5), hoisin-sauce (4), sesame-oil (1), corn-flour (1), cashew (1), white-rice (500), fettucine-pasta (500), passata (200), olive-oil (1), salt (1), pepper (1), hummus (1), peanut-butter (1), fava-beans (1), dark-chocolate (1), vita-wheats (1), corn-chips (1), rolled-oats (1), mixed-nuts (1), coconut-flakes (1), seeds (1), honey (1), sponge (1), stove-cleaner (1), bin-bags (1), compost-bags (1), dishwasher-tablets (1), detergent (1), glen-20 (1), pino-clean (1), scourer (1), cannellini-beans (2), tin-tomatoes (2), dark-brown-sugar (2), red-wine-vinegar (100), bread (1),

**TOILETRIES:** paper-towels (1), tissues (1), toilet-paper (1), deoderant (1), tooth-paste (1), dental-floss (1), sunscreen (1), bar-soap (1), soap (1), cotton-balls (1), shampoo/conditioner (1), cleanser (1),