

CONDIMENT: garam-masala (1), tumeric (1), cayenne-pepper (1), mexican-chilli-powder (2), cumin (2), oregano (1), white-pepper (1), garlic-powder (1), onion-powder (1), sweet-paprika (1), cracked-salt (1), cracked-black-pepper (1), ground-salt (1), ground-pepper (1), cinnamon (1),

DAIRY: grated-cheese (1), sour-cream (120), butter (1), cheese-sticks (1), yogurt (1), juice (1), milk (1),

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

FRUIT_VEG: brown-onion (4), tomatoes (2), ginger (2), garlic (21), red-onion (1), lime (1), coriander (1), avocado (2), chilli (1), spring-onion (1), jasmine-rice (500), brown/chestnut-mushrooms (300), celery (1), carrot (1), parsley (1), thyme (1), rosemary (1), potato (1000), frozen-peas (1), dates (1), apples (1), bananas (1), carrots (1), kale (1), orange (1), lemon (1),

MEAT: white-fish-cod (450), beef-mince (500), pork-mince (500), chicken-breast (750), lamb-mince (1000),

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

OTHER: coconut-milk (400), frozen-spinach (1), naan (1), chipotle-chile-in-adobo-sauce (1), corn-chips (1), beef-stock (3), kidney-beans (1), pickled-jalapenos (1), doubanjiang (2), chili-flakes (2), sichuan-peppercorn (2), chinese-wine (2), soy-sauce (1), sugar (1), silken-tofu (1), corn-starch (1), sesame-oil (1), dijon-mustard (1.5), flour (1.75), worcestershire-sauce (3.5), pasta (500), tomato-paste (2), red-wine (1), olive-oil (1), wool-wash (1), peanut-oil (1), hummus (1), peanut-butter (1), fava-beans (1), dark-chocolate (1), cling-wrap (1), alfoil (1), vita-wheats (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), aa-batteries (1), aaa-batteries (1), lemon-juice (1), lime-juice (1),

TOILETRIES: paper-towels (1), tissues (1), toilet-paper (1), toilet-cleaner (1), de-oderant (1), toothpaste (1), dental-floss (1), sunscreen (1), bar-soap (1), soap (1), cotton-balls (1), shampoo/conditioner (1), cleanser (1),