

RECIPES: butter-chicken(2-rice), kung-pao-chicken(1-rice), cottage-pie(1-potato), smoky-meatball-pasta-bake(1-pasta)

CONDIMENT: garam-masala (2.5), coriander (1), paprika (2), chilli-powder (1), curry-powder (1), cinnamon (0.5),

DAIRY: natural-yogurt (80), heavy-cream (120), egg (1), cheddar-cheese (40), mozzarella-cheese (30), BUTTER (0), CHEESE-STICKS (0), YOGURT (0), JUICE (0), MILK (0),

DIARY: double-cream (175),

FROZEN: FROZEN-BERRIES (0), ICE-CREAM (0),

FRUIT-VEG: garlic (8), brown-onion (3), ginger (3), cardamom-pods (6), fresh-coriander (1), red-chilli (2), red-capsicum (2), zucchini (1), spring-onion (12), celery (2), carrot (2), green-beans (200), potato (1800), shallot (1), DATES (0), APPLES (0), BANANAS (0), GRAPES (0), CARROTS (0), KALE (0),

MEAT: chicken-breast (1200), beef-mince (1400),

MEDICINAL: PANADOL (0), NUROFEN (0), DEMAZIN (0), BETADINE (0), BAND-AIDS (0), SUDAFED (0), STREPSILS (0), EUCALYPTUS (0),

OTHER: lemon-juice (1), chicken-stock (0.5), passata (400), tomato-paste (2), white-rice (1000), rice-wine (2), white-pepper (0.25), dark-soy-sauce (5), hoisin-sauce (4), sesame-oil (1), corn-flour (3), cashew (1), worcestershire-sauce (3), beef-stock (3), breadcrumbs (60), italian-herbs (1), tin-tomatoes (400), smoked-paprika (1), rigatoni-pasta (500), OLIVE-OIL (0), SALT (0), PEPPER (0), HUMMUS (0), BABA-GANOUSH (0), PEANUT-BUTTER (0), FAVA-BEANS (0), DARK-CHOCOLATE (0), TEA (0), VITA-WHEATS (0), CORN-CHIPS (0), ROLLED-OATS (0), MIXED-NUTS (0), CINNAMON (0), COCONUT-FLAKES (0), SEEDS (0), HONEY (0), SPONGE (0), STOVE-CLEANER (0), BIN-BAGS (0), COMPOST-BAGS (0), DISHWASHER-TABLETS (0), DETERGENT (0), GLEN-20 (0), PINO-CLEAN (0), SCOURER (0),

TOILETRIES: PAPER TOWELS (0), TISSUES (0), TOILET PAPER (0), DEODERANT (0), TOOTHPASTE (0), DENTAL FLOSS (0), SUNSCREEN (0), BAR-SOAP (0), SOAP (0), COTTON-BALLS (0), SHAMPOO/CONDITIONER (0), CLEANSER (0),