

ALCOHOL: white-wine (90),

CONDIMENT: cumin (6), coriander (1), garam-masala (1), chilli-powder (1), tumeric (1), white-pepper (1), oregano (3), thyme (0.5), paprika (5.5), garlic-salt (0.25), cayenne-pepper (1), garlic-powder (2), onion-powder (2), cinnamon (1),

DAIRY: natural-yoghurt (120), double-cream (150), cheese-slices (1), egg (1), parmesan-cheese (0.5), grated-cheese (1), butter (1), cheese-sticks (1), yogurt (1), juice (1), milk (1),

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

FRUIT_VEG: red-onion (1), spring-onion (12), capsicum (1), carrot (1), garlic (9), ginger (2), brocolli (1), brown-onion (4), green-beans (200), iceberg-lettuce (1), tomatoes (4), tin-tomatoes (1), red-capsicum (2), baby-spinach (120), avocado (2), dates (1), apples (1), bananas (1), carrots (1), kale (1), lime (1), orange (1), lemon (1),

MEAT: chicken-breast (2100), beef-mince (1000),

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

OTHER: cornflour (1), mirin (3), sake (3), soy-sauce (3), oyster-sauce (1), white-rice (1000), ghee (1), tomato-paste (6), coconut-cream (120), ground-almonds (2), mayonnaise (0.5), beetroot (1), bread-rolls (4), worcestershire-sauce (1), dijon-mustard (1), plain-flour (3), sun-dried-tomatoes (1), chicken-stock (1), fussili-pasta (500), tinned-tomatoes (2), kidney-beans (1), beef-stock (2), corn-chips (1), olive-oil (1), peanut-oil (1), salt (1), pepper (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),