

CONDIMENT: smoked-paprika (2), sweet-paprika (2), tumeric (1), cayenne-pepper (0.25), garam-masala (2), cumin (1), cracked-salt (1), cracked-black-pepper (1), white-pepper (1), ground-salt (1), ground-pepper (1), cinnamon (1),

DAIRY: butter (1), lite-thickened-cream (250), cheese-sticks (1), yogurt (1), juice (1), milk (1),

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

FRUIT_VEG: brown-onion (2), red-capsicum (2), garlic (15), bay-leaf (1), dried-chilli (1), fresh-thyme (1), tomatoes (2), potatoes (2), spring-onion (1), ginger (3), bok-choy (4), cauliflower (1), frozen-peas (1), dates (1), apples (1), bananas (1), carrots (1), kale (1), lime (1), orange (1), lemon (1),

MEAT: spanish-chorizo (2), rump-steak (500), boneless-skinless-chicken-thigh (700),

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

OTHER: chickpeas (1), red-wine-vinegar (1), chicken-stock (2), multigrain-breadrolls (1), light-soy-sauce (4), soy-sauce (4), dashi-stock (4), sambal-olek (1), udon-noodles (400), sake (2), mirin (2), canned-tomatoes (1), jasmine-rice (500), naan (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), 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), 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),