

ALCOHOL: red-wine (200),

CONDIMENT: garam-masala (2.5), coriander (3), paprika (4), chilli-powder (1),
curry-powder (1), cinnamon (1),

DAIRY: natural-yogurt (80), double-cream (175), heavy-cream (120), tzatiki (1),
butter (1), cheese-sticks (1), yogurt (1), juice (1), milk (1),

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

FRUIT_VEG: garlic (21), ginger (5), red-chilli (1), red-capsicum (1), yellow-capsicum (1), zucchini (2), spring-onion (12), brown-onion (6), cardamom-pods (6), celery (5), carrot (5), green-beans (200), potato (1800), beans (200), fresh-mint (1), fresh-parsley (2), cherry-tomatoes (10), salad-mix (1), capsicum (1), pablano (2), squash (1), fresh-thyme (1), bay-leaf (1), dates (1), apples (1), bananas (1), carrots (1), kale (1), lime (1), orange (1), lemon (1),

MEAT: chicken-breast (1400), beef-mince (1500), pancetta (150), lamb-mince (1000), chorizo (450),

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

OTHER: rice-wine (2), white-pepper (0.25), dark-soy-sauce (4), hoisin-sauce (3), sesame-oil (1), corn-flour (3), cashew (1), white-rice (1000), lemon-juice (2), chicken-stock (1.5), passata (600), tomato-paste (6), fettucine-pasta (500), worcestershire-sauce (2), beef-stockpot (2), cumin (1), cayenne (1), green-cardamom (1), sumac (1), nutmeg (1), allspice (1), chilli-flakes (2), flatbread (4), canellini-beans (2), canned-tomatoes (2), smoked-paprika (2), red-wine-vinegar (1), multigrain-breadrolls (1), 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), aa-batteries (1), aaa-batteries (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),