

## **RECIPES:**

**DAIRY:** BUTTER (0), CHEESE-STICKS (0), YOGURT (0), JUICE (0), MILK (0),

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

**FRUIT-VEG:** DATES (0), APPLES (0), BANANAS (0), GRAPES (0), CARROTS (0), KALE (0),

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

**OTHER:** 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),

**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),