

**RECIPES:** black-pepper-beef(1-rice), cajun-chicken-pasta(1-pasta), smoky-meatball-pasta-bake(1-pasta), lamb-kofta(1-flatbread), honey-garlic-chicken(1-rice)

**DAIRY:** heavy-cream (2), cheddar-cheese (90), egg (1), mozzarella-cheese (30), greek-yoghurt (250), BUTTER (0), CHEESE-STICKS (0), YOGURT (0), JUICE (0), MILK (0),

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

**FRUIT-VEG:** brown-onion (4), red-capsicum (2), green-capsicum (2), red-chilli (1), garlic (12), ginger (1), baby-spinach (120), cherry-tomatoes (20), shallot (1), fresh-mint (1), salad-mix (1), cucumber (1), fresh-dill (1), brocolli (1), carrot (2), green-beans (200), DATES (0), APPLES (0), BANANAS (0), GRAPES (0), CARROTS (0), KALE (0),

**MEAT:** sirloin (450), chicken-breast (600), chorizo (75), beef-mince (500), lamb-mince (500), chicken-tenderloins (500),

**MEDICINAL:** PANADOL (0), NUROFEN (0), DEMAZIN (0),

**OTHER:** black-peppercorns (10), sesame-oil (1), cornflour (4), dark-soy-sauce (2), oyster-sauce (2), rice-wine (1), beef-stock (1.5), white-rice (1000), cajun-seasoning (2), tin-tomatoes (800), chicken-stock (1.5), rigatoni-pasta (500), breadcrumbs (60), italian-herbs (1), worcestershire-sauce (1), smoked-paprika (1), cumin (3), coriander (2), chilli-flakes (1), cinnamon (1), flatbread (4), white-wine-vinegar (1), honey (110), rice-vinegar (1), light-soy-sauce (1), 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),

**TOILETRIES:** PAPER TOWELS (0), TISSUES (0), TOILET PAPER (0), DEODERANT (0), TOOTHPASTE (0), DENTAL FLOSS (0), SUNSCREEN (0), BAR-SOAP (0), SOAP (0),