

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

DAIRY: yoghurt (0.25), butter (1), cheese-sticks (1), yogurt (1), juice (1), milk (1),

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

FRUIT_VEG: red-onion (1), ginger (3), garlic (10), fresh-coriander (1), brocolli (1), potato (3), basmati-rice (500), spring-onion (13), jasmine-rice (1000), red-chilli (1), red-capsicum (1), yellow-capsicum (1), zucchini (1), carrot (1), dates (1), apples (1), bananas (1), carrots (1), kale (1), lime (1), orange (1), lemon (1),

MEAT: leg-lamb (500), pork-mince (500), chicken-breast (700),

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

OTHER: tomato-paste (1), doubanjiang (2), chili-flakes (2), sichuan-peppercorn (2), chinese-wine (4), soy-sauce (1), sugar (1), beef-stock (1), silken-tofu (1), corn-starch (1), sesame-oil (2), dark-soy-sauce (4), hoisin-sauce (3), brown-sugar (1), corn-flour (1), cashew (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),