

## RECIPES:

tuscan-chicken(1-pasta), fettucine-bolognese(1-pasta), beef-chow-fun(45-noodles), beef-massaman(3-rice), butter-chicken(2-rice), chicken-pie(1.5-pastry)

**DAIRY:** egg (2), double-cream (265), parmesan-cheese (0.5), natural-yogurt (80), milk (300), BUTTER (0), CHEESE-STICKS (0), YOGURT (0), JUICE (0), MILK (0),

**FROZEN:** puff-pastry (2), FROZEN-BERRIES (0), ICE-CREAM (0),

**FRUIT-VEG:** brown-onion (5), garlic (13), sun-dried-tomatoes (150), red-capsicum (1), baby-spinach (180), fresh-parsley (1), celery (1), carrot (4), ginger (4), yellow-capsicum (1), bean-sprouts (200), spring-onions (4), red-chilli (3), red-onion (1), coriander (3), lemongrass (2), fresh-coriander (2), potato (6), cardamom-pods (6), fresh-thyme (2), brocolli (1), DATES (0), GRAPES (0), KALE (0),

**MEAT:** chicken-breast (1900), beef-mince (500), pancetta (150), flank-steak (500), beef-chuck (1000),

**OTHER:** oregano (1), thyme (0.5), paprika (3.5), garlic-salt (0.25), plain-flour (9), tomato-paste (5), white-wine (90), chicken-stock (2.5), fussili-pasta (500), fettucine-pasta (500), red-wine (200), light-soy-sauce (2), dark-soy-sauce (2), oyster-sauce (2), sesame-oil (2), brown-sugar (2), rice-vinegar (1), white-pepper (0.75), flat-rice-noodles (200), sesame-seeds (1), cumin (2), cinnamon (1.0), fish-sauce (3), corn-flour (1.5), beef-stock (2), coconut-milk (400), lime-juice (1), white-rice (1000), lemon-juice (2), garam-masala (2.5), chilli-powder (1), curry-powder (1), passata (400), 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),