

ALCOHOL: red-wine (200),

CONDIMENT: smoked-paprika (3), sweet-paprika (2), tumeric (2), cayenne-pepper (0.5), garam-masala (4), cumin (1), cinnamon (1), cracked-salt (1), cracked-black-pepper (1), white-pepper (1), ground-salt (1), ground-pepper (1),

DAIRY: butter (1), thickened-cream (250), yoghurt (0.25), eggs (2), cheese-sticks (1), yogurt (1), juice (1), milk (1),

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

FRUIT_VEG: brown-onion (3), red-capsicum (2), garlic (19), bay-leaf (1), dried-chilli (1), fresh-thyme (1), tomatoes (2), potatoes (2), ginger (3), cauliflower (1), frozen-peas (1), celery (1), carrot (1), red-onion (1), fresh-coriander (1), brocolli (1), potato (3), basmati-rice (500), bean-shoots (4), spring-onion (4), wide-noodles (500), dates (1), apples (1), bananas (1), carrots (1), kale (1), lime (1), orange (1), lemon (1),

MEAT: chorizo (2), boneless-skinless-chicken-thigh (700), beef-mince (500), pancetta (150), leg-lamb (500), prawns (10), chinese-sausage (2),

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

OTHER: chickpeas (1), red-wine-vinegar (1), chicken-stock (3), multigrain-breadrolls (1), canned-tomatoes (1), jasmine-rice (500), naan (1), fettucine-pasta (500), tomato-paste (3), passata (200), peanut-oil (1), light-soy-sauce (2), oyster-sauce (2), sweet-soy-sauce (2), sambal-olek (1), olive-oil (1), wool-wash (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),