CONDIMENT: white-pepper (1), sweet-paprika (3), garlic-powder (3), onion-powder (3), oregano (2), thyme (1.5), red-chilli-powder (1), cumin (1), smoked-paprika (1.5), cinnamon (1), fresh-rosemary (0.5), fresh-chives (0.5), chilli-flakes (0.5), cracked-salt (1), cracked-black-pepper (1), ground-salt (1), ground-pepper (1),

DAIRY: sour-cream (0.5), butter (1), cheese-sticks (1), yogurt (1), juice (1), milk (1),

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

FRUIT_VEG: garlic (19), ginger (2), red-chilli (1), red-capsicum (3), yellow-capsicum (1), zucchini (1), spring-onion (12), onion (1), avocado (2), brown-onion (1), dates (1), apples (1), bananas (1), carrots (1), kale (1), lime (1), orange (1), lemon (1),

MEAT: chicken-breast (700), boneless-skinless-chicken-thigh (800), beef-mince (1500), beef-chipolatas (1),

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

OTHER: rice-wine (2), dark-soy-sauce (4), hoisin-sauce (3), sesame-oil (1), corn-flour (1), cashew (1), white-rice (900), tomato-paste (7), flour (3), chicken-stock (4), pasta (400), egg (6), panko-breadcrumbs (50), ketchup (3), sriracha (120), low-soy-sauce (60), apple-cider-vinegar (50), honey (1), creamed-corn (1), kidney-beans (1), beef-stock (1), corn-chips (1), cannellini-beans (2), tin-tomatoes (2), dark-brown-sugar (2), red-wine-vinegar (2), 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), rolled-oats (1), mixed-nuts (1), coconut-flakes (1), seeds (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),