

RECIPES: beef-stroganoff(45-pasta), kung-pao-chicken(1-rice), cottage-pie(1-potato), chicken-paprikash(1-pasta), mee-goreng(1-noodles)

DAIRY: sour-cream (375), heavy-cream (120), BUTTER (0), CHEESE-STICKS (0), YOGURT (0), JUICE (0), MILK (0),

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

FRUIT-VEG: brown-onion (4), mushroom (305), fresh-chives (1), garlic (6), ginger (1), red-chilli (3), red-capsicum (2), zucchini (1), spring-onion (18), celery (4), carrot (2), green-beans (200), potato (1800), shallot (2), white-cabbage (0.5), bean-sprouts (150), DATES (0), APPLES (0), BANANAS (0), GRAPES (0), KALE (0),

MEAT: fillet-steak (600), chicken-breast (1500), beef-mince (900),

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

OTHER: plain-flour (4), beef-stock (4), dijon-mustard (1), penne-pasta (500), rice-wine (2), white-pepper (0.5), dark-soy-sauce (8), hoisin-sauce (4), sesame-oil (1), corn-flour (3), cashew (1), white-rice (500), worcestershire-sauce (2), tin-tomatoes (400), sweet-paprika (2), chicken-stock (2), fussili-pasta (500), thick-egg-noodles (2), sweet-soy-sauce (4), oyster-sauce (2), sweet-chilli-sauce (2), 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),

TOILETRIES: PAPER TOWELS (0), TISSUES (0), TOILET PAPER (0), DEODERANT (0), TOOTHPASTE (0), DENTAL FLOSS (0), SUNSCREEN (0),