

**CONDIMENT:** onion-powder (2), garlic-powder (2), cracked-salt (1), cracked-black-pepper (1), white-pepper (1), ground-salt (1), ground-pepper (1), cinnamon (1),

**DAIRY:** parmesan (30), butter (1), cheese-sticks (1), yogurt (1), juice (1), milk (1),

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

**FRUIT\_VEG:** bok-choy (4), spring-onion (2), garlic (7), lemon (1), fresh-basil (60), capsicum (2), squash (1), zuchinni (1), red-onion (1), chilli (1), brown-onion (1), brocolli (1), coriander (20), dates (1), apples (1), bananas (1), carrots (1), kale (1), lime (1), orange (1),

**MEAT:** boneless-skinless-chicken-thigh (800), chicken-breast (750), rump-steak (700),

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

**OTHER:** thai-red-curry-paste (2), curry-powder (2), medium-tofu (500), coconut-milk (400), chicken-stock (1000), fish-sauce (2), sugar (1), spray-oil (1), ramen-noodles-pack (1), fettucine-pasta (500), pine-nuts (30), penne-pasta (500), corn-flour (2), peanut-oil (1), jasmine-rice (500), dark-soy-sauce (2), tomato-ketchup (3), chinkiang-vinegar (6), honey (1), sesame-oil (1), light-soy-sauce (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), 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),