## Condiments & Spices

- ◯ Garlic powder 2 tsp
- ◯ Garlic salt 1 tsp
- ◯ Rice vinegar 4 tbsp

## Frozen Foods

- ◯ Frozen peas 85g

## Meat

- ◯ Chorizo/Bacon/Ham 50g

## Seafood

- ◯ Prawns 50g

## Fruits

- ◯ Lemon 2 units
- ◯ Pineapple 1 handful

## Vegetables

- ◯ Baby corn 8 units
- ◯ Beansprouts 100g
- ◯ Courgette 1 unit
- ◯ Peppers 3 units
- ◯ Spring onions 4 units
- ◯ Sugar snap peas 1 handful