

Bakery

- Bread Rolls 3 small
- Loaf of bread 1 unit

Miscellaneous

- Shredded Suet 60g

Frozen Foods

- Edamame beans 1 pack

Condiments & Spices

- Apricot glaze 20g
- Black treacle 2tbsp
- Cinnamon stick 1 small
- Dark soy sauce 2tbsp
- Garam masala 2-3tsp
- Ginger garlic paste 3tbsp
- Star anise 2 units

Dairy

- Double Cream 250ml
- Feta cheese 100g
- Heavy whipping cream 90g
- Plain yogurt 720g + ¼ cup

Snacks

- Toasted seeds 20g

Rice, Cereal & Legumes

- Quinoa 30g

Vegetables

- Alfalfa 20g
- Broccoli 200g
- Carrots 5 units
- Flat-leaf parsley 1 handful
- Fresh coriander/cilantro 1 bunch
- Mint 1 handful
- Onions 4 units
- Spinach 250g
- Tomatoes 1.4kg + 3 units

Baking

- Sultanas 10g
- Vanilla Pod 1 unit

Meat

- Beef Chuck 1.1lbs
- Lamb 3.3lbs
- Mutton/Goat/Lamb Chops 1.5lbs

Fruits

- Avocado 1.1 units (50g + 1 unit)
- Lime 8 units