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