Rice, Cereal & Legumes

- ◯ Borlotti beans 400g
- ◯ Cauliflower rice 48 oz
- ◯ Chickpeas 600g
- ◯ Fennel bulb 1
- ◯ Harissa 4.5 tbsp
- ◯ Parsley 1.5 cups
- ◯ Penne 24 oz
- ◯ Rice vermicelli noodles 300g
- ◯ Rigatoni pasta 250g
- ◯ White rice 1 cup

Frozen Foods

- ◯ Frozen corn 3 cups

Baking

- ◯ Light coconut cream 810ml (2 cans)
- ◯ Nutritional yeast 1 jar

Meat

- ◯ Bacon 6.78 slices
- ◯ Beef chuck roast 3 lb
- ◯ Chicken breast 8 breasts
- ◯ Chicken thigh fillets 1.9 kg
- ◯ Chicken thighs 7.5 lb
- ◯ Ground beef 1.5 lb
- ◯ Ham 1.5 cups
- ◯ Lamb shank 1050g
- ◯ RSPCA Approved Chicken Breast Fillets 600g

Fruits

- ◯ Avocado 2 units
- ◯ Kalamata olives 125ml
- ◯ Lemon 0.75 units
- ◯ Lime 3 units
- ◯ Makrut lime leaves 8.5 leaves

Snacks

- ◯ Crushed tortilla chips ½ cup
- ◯ Raw cashews 2 cups

Vegetables

- ◯ Baby carrots 2 bunches
- ◯ Baby corn spears 9
- ◯ Baby spinach 3 cups
- ◯ Beefsteak tomatoes 3 large
- ◯ Broccoli florets 6 cups
- ◯ Carrot 2.5 lbs
- ◯ Cauliflower 3 lbs
- ◯ Celery 1.5 lbs
- ◯ Condensed cream of celery soup 16.5 cans
- ◯ Fresh basil leaves 1.4 cups
- ◯ Frozen O'Brien potatoes 31.5 lbs
- ◯ Green chiles 8.5 oz
- ◯ Green onions 2.25 cups
- ◯ Green shallots 3
- ◯ Kale 100g
- ◯ Lemon to taste
- ◯ Parsley to taste
- ◯ Red bell pepper 1
- ◯ Red onion 1.5 large
- ◯ Silverbeet 1.5 lbs
- ◯ Snow peas 150g
- ◯ Sweet potato 2.1 lbs
- ◯ Wombok (Chinese cabbage) 3/4 head
- ◯ Yellow onion 2.5 lbs
- ◯ Yukon Gold potato 1 medium

Canned Goods

- ◯ Diced tomatoes 1.2kg
- ◯ Low-sodium beef stock 19.5 cups
- ◯ Low-sodium chicken broth 13.5 cups
- ◯ Sun-dried tomatoes 0.5 cup
- ◯ Tomato passata 1.4kg
- ◯ Tomato paste 1.5 tbsp
- ◯ White beans 2 cans

Condiments & Spices

- ◯ Brown mustard seeds 6 tsp
- ◯ Chicken stock 9.75 liters
- ◯ Cumin seeds 9 tsp
- ◯ Dijon mustard 6 tsp

- ◯ Extra-virgin olive oil 3 tbsp
- ◯ Flat-leaf parsley to taste
- ◯ Fresh coriander sprigs 6 sprigs
- ◯ Fresh ginger 4cm piece
- ◯ Fresh red chillies 3 small
- ◯ Fresh rosemary 125ml
- ◯ Fresh thyme 1.5 bunches
- ◯ Green salsa (medium-heat) 1.5 (24-oz.) jar
- ◯ Italian seasoning 1.5 tbsp
- ◯ Jalapeño 2.5 peppers
- ◯ Red curry paste 42g
- ◯ Red pepper flakes 9 tsp
- ◯ Worcestershire sauce 3 tsp

Dairy

- ◯ Butter 1.5 tbsp
- ◯ Cooking cream 160 ml
- ◯ Cream cheese 14.52 oz
- ◯ Eggs 48 large
- ◯ Fresh goat cheese 8 oz
- ◯ Heavy cream 3.88 cups
- ◯ Monterey Jack cheese 3.25 cups
- ◯ Natural yoghurt as needed
- ◯ Parmesan cheese 3.21 cups
- ◯ Sharp cheddar 8 cups
- ◯ Shredded cheddar 1.69 cups
- ◯ Sour cream 8.25 cups
- ◯ Unsalted butter 5 tbsp
- ◯ Velveeta 48 oz
- ◯ Whole milk 2.26 cups

Beverages

- ◯ Coconut milk (unsweetened) 2.1l
- ◯ Red wine 495g
- ◯ White wine 250ml

Seafood

- ◯ Baby bella mushrooms 4.5 lb
- ◯ Fresh tarragon 80 ml
- ◯ Leek 2 large