

Aisle	Aisle Subsection	Tot Quantity	Measure	Ingredient
Dairy	Cheese	100	Gram	Cheese Parmesan Grated
Dairy	Cheese	1000	Gram	Cheese Tasty
Dairy	Cream	300	ML	Cream
Dairy	HeatEat	750	Gram	Pasta Fresh Gnocchi
DeliAndSeafood	Antipasto	90	Gram	Tomato Sun Dried
DeliAndSeafood	Nil	1	Cup	Tzatzki
FreshFruitVegetables	FruitByType	8	Large	Tomato
FreshFruitVegetables	Herbs	3	Tablespoon	Basil Fresh
FreshFruitVegetables	Nuts	100	Gram	Pine nuts
FreshFruitVegetables	VegetablesByType	6	Large	Capsicum Red
FreshFruitVegetables	VegetablesByType	18	Large	Carrot
FreshFruitVegetables	VegetablesByType	8	Sticks	Celery
FreshFruitVegetables	VegetablesByType	5	Small	Cucumber
FreshFruitVegetables	VegetablesByType	3	Small	Lettuce Iceberg
FreshFruitVegetables	VegetablesByType	1	Large	Onion Brown
FreshFruitVegetables	VegetablesByType	1	Large	Onion White
FreshFruitVegetables	VegetablesByType	6	Thick	Spring Onion
FreshMeatPoultry	Chicken	500	Gram	Chicken Breasts
FreshMeatPoultry	Chicken	16	Medium	Chicken Marinated Sticks
FreshMeatPoultry	Lamb	500	Gram	Lamb Strips
FreshMeatPoultry	Sausages	12	Thin	Sausages
Grocery	CanPacketFish	285	Gram	Tuna Tomato And Onion Flavour
Grocery	CanPacketVegetable	850	Gram	Beetroot Canned
Grocery	CanPacketVegetable	835	Gram	Corn Kernels
Grocery	Condiments	120	ML	Chutney
Grocery	CookingOil	4	Tablespoon	Oil Olive
Grocery	HerbsSpices	1	Teaspoon	Coriander Ground
Grocery	HerbsSpices	1	Teaspoon	Cumin Ground
Grocery	HerbsSpices	2	Teaspoon	Garlic Minced
Grocery	HerbsSpices	0.5	Teaspoon	Pepper Black Cracked
Grocery	HerbsSpices	0.5	Teaspoon	Salt Sea
Grocery	MexicanFood	1	Packet	Burritos Tortillas
Grocery	PastaSauce	500	Gram	Pasta Sauce
HealthFoods	HerbsSpices	2.5	Tablespoon	Oregano Dried
Nil	Nil		Cup	Nil
RicePastaGrains	Rice	6	Cup	Rice White