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| **Dry goods** |
| 400gm can  | tuna  |
| 1 cup  | brown rice  |
| 125gm  | rice vermicelli  |
| 1/4 packet   | macaroni/bite sized pasta  |
| 1 can  | chickpeas  |
| 1 cup  | red lentils / 1 can lentils  |
| 3 cans  | chopped tomatoes  |
| 1 can  | creamed corn  |
| 1 tbsp  | cumin seeds  |
| 4 tbsp  | curry powder  |
| 150ml  | oil  |
| 75ml  | soy sauce  |
| **Fresh produce** |
| 6  | carrots  |
| 1  | cauliflower  |
| 1/4   | cabbage  |
| 2  | tomatoes  |
| ¾ bag  | spinach  |
| 2 | kūmara  |
| 3  | potatoes |
| 1/2  | pumpkin  |
| 4  | onions  |
| 1  | red onion   |
| 1  | lemon  |
| 2cm  | fresh ginger  |
| 1 bulb  | garlic  |
| **Frozen vegetables** |
| 1 bag  | frozen mixed vegetables  |
| 1 cup  | fresh/frozen beans  |
| 1 cup  | peas  |
| **Dairy/eggs** |
| 4  | eggs  |
| 100g   | cheese  |
| 1 c   | milk  |
| **Meat** |
| 500gm  | chicken breast  |
| 8  | chicken drumsticks  |
| 500gm  | beef mince  |