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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 |