

Aisle	Aisle Subsection	Tot Quantity	Measure	Ingredient
Bakery	Bread	8	Slices	Bread Sliced
BeerWineSpirits	Wine	0.4	Cup	Wine Red
Dairy	Butter	77	Gram	Butter
Dairy	Cheese	2	Cup	Cheese Parmesan Grated
Dairy	Cheese	650	Gram	Cheese Tasty
Dairy	Cream	600	MI	Cream
Dairy	Milk	750	MI	Milk
DeliAndSeafood	Bacon	8	Rash	Bacon Shortcut Rindless
DeliAndSeafood	HeatEat	8	Medium	Vegieburgers
FreshFruitVegetables	FruitByType	11	Medium	Tomato
FreshFruitVegetables	VegetablesByType	1	Large	Capsicum Red
FreshFruitVegetables	VegetablesByType	11	Large	Carrot
FreshFruitVegetables	VegetablesByType	12	Sticks	Celery
FreshFruitVegetables	VegetablesByType	4	Small	Cucumber
FreshFruitVegetables	VegetablesByType	1.5	Medium	Lettuce Iceberg
FreshFruitVegetables	VegetablesByType	2	Large	Onion White
FreshFruitVegetables	VegetablesByType	8	Large	Potato
FreshFruitVegetables	VegetablesByType	8	Sticks	Spring Onion
FreshMeatPoultry	Beef	1500	Gram	Beef Mince
FreshMeatPoultry	Beef	4	Large	beef steaks
FreshMeatPoultry	Sausages	24	Thin	Sausages
Frozen	FrozenVegetables	2	Cup	Peas Frozen
Grocery	CanPacketVegetable	1700	Gram	Beetroot Canned
Grocery	CanPacketVegetable	425	Gram	Corn Kernels
Grocery	CanPacketVegetable	425	Gram	TomatoTinned Whole
Grocery	Condiments	3	Tablespoon	Sweet Chilli Sauce
Grocery	Condiments	4	Tablespoon	Tomato Sauce
Grocery	CookingOil	6	Tablespoon	Oil Olive
Grocery	Flour	1	Teaspoon	Flour Corn
Grocery	Flour	6	Tablespoon	Flour Plain
Grocery	HerbsSpices	0.5	Teaspoon	Chilli Minced
Grocery	HerbsSpices	0.25	Teaspoon	Cumin Ground
Grocery	HerbsSpices	7	Teaspoon	Garlic Minced
Grocery	Lamb	12	Medium	Chops Lamb
Grocery	LiquidSaucesGravies	1	Small	Stock beef cube
Grocery	PastaSauce	500	Gram	Pasta Sauce
Grocery	Sugar	2	Teaspoon	Sugar Brown
Grocery	TomatoPaste	5	Tablespoon	Tomato Paste
HealthFoods	HerbsSpices	0.5	Teaspoon	Oregano Dried
Nil	Nil		Cup	Nil
Nil	Nil	0.5	Cup	Water

RicePastaGrains	Pasta	500	Gram	Pasta Fettucine
RicePastaGrains	Pasta	750	Gram	Pasta Spirals