

6 large bread rolls	10 large potatoes	12 large taco shells
165 mls red wine	1 large red capsicum	410 grams tinned tomatoes (diced)
250 grams butter	1 large red capsicum	3 tablespoons tomato sauce
1 large eggs	6 sticks spring onions	165 mls tomato sauce
4 large eggs	6 sticks spring onions	5 large tortillas burritos
8 large eggs	2 large tomato	1 teaspoon vanilla essence
4 large eggs	2 large tomato	2 tablespoons vegetable oil
125 mls light sour cream	1 large white onion	1 tablespoon worstershire sauce
312.5 mls milk	1 large white onion	2 cups rice
2 cups mozzarella cheese (grated)	1 large white onion	500 grams spaghetti
1 cup sour cream	1 teaspoon dried oregano	
2 cups tasty cheese	500 grams beef mince	
150 grams tasty cheese (grated)	500 grams beef mince	
250 grams tasty cheese (grated)	500 grams beef mince	These ingredients are to make:
8 rash bacon (shortcut rindless)	2 kilograms beef topside	
300 grams shaved ham	1.5 teaspoons baking powder	Tacos - Homemade
5 sheets puff pastry	1/2 teaspoon baking powder	Seasoning (Monday)
187.5 mls water	425 grams beetroot (canned)	Butter Cake (Tuesday)
62.5 mls water	1 cup bread crumbs	Slow Cooker Roast Beef (Tuesday)
1 large beetroot	1.75 cups caster sugar	Ham and Cheese Scrolls (Tuesday)
1 small broccoli	3 tablespoons corn flour	Homemade Hamburgers and
500 grams butternut pumpkin	3 tablespoons dried chilli	Chunky Chips (Wednesday)
4 large carrots	1.5 tablespoons ground cumin	Slow Cooker
3 large carrots	4 tablespoons olive oil	Enchilada (Thursday)
5 large carrots	2 tablespoons olive oil	Fried Rice (Friday)
3 large carrots	2 tablespoons olive oil	Carrot and Beetroot Fritters (Sunday)
5 medium carrots	3 tablespoons olive oil	
2 large carrots	2 tablespoons olive oil	
3 sticks celery	500 mls pasta sauce	
1/2 cup fresh flat leaf parsley	2.5 cups plain flour	
1 large green capsicum	4 tablespoons plain flour	
1 large iceberg lettuce	1 cup plain flour	
1 small iceberg lettuce	3 tablespoons salt	
10 large potatoes	3 tablespoons sweet chilli sauce	
	1/2 cup sweet chilli sauce	
	1 packet taco mix	

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