

1 packets english muffins	3 tablespoons fresh chives	2 tablespoons olive oil
8 slices sliced bread	3 cloves fresh garlic	2 tablespoons olive oil
50 grams butter	1 clove fresh garlic	1 tablespoon olive oil
4 tablespoons butter	1 small iceberg lettuce	4 tablespoons plain flour
250 grams butter	8 large potatoes	1 3/4 cups rolled oats
400 mls cream	8 large potatoes	3 tablespoons salt
6 large eggs	1 large red capsicum	1 teaspoon salt
4 large eggs	6 spring onions	12 large taco shells
6 large eggs	10 spring onions	400 grams tinned tomatoes (diced)
12 large eggs	4 large tomato	4 tablespoons tomato paste
1 large eggs	2 large tomato	140 grams tomato paste
75 grams feta cheese	1 large white onion	200 mls vegetable oil
125 mls light sour cream	1 large white onion	2 cups wholemeal self raising flour
100 grams mozzarella cheese (grated)	1/2 cup chia seeds	2 teaspoons worstershire sauce
100 grams tasty cheese (grated)	1 teaspoon dried oregano	3 cups white rice
8 rashers bacon (shortcut rindless)	1/2 cup pepitas	These ingredients are to make:
200 grams roast chicken	4 tablespoons golden syrup	Tacos - Homemade Seasoning (Monday)
250 grams sun dried tomatoes	500 grams beef mince	Roast Chicken and Vegetables (Tuesday)
200 grams frozen peas	500 grams beef mince	English Muffin Pizzas (Tuesday)
200 grams frozen peas	750 grams chicken breasts	Oat and Seed Lunchbox Slice (Tuesday)
5 sheets short crust pastry	1 large whole chicken	Fried Rice (Wednesday)
187.5 mls water	1 teaspoon bicarbonate of soda	Slow Cooker Spaghetti Bolognese (Thursday)
0.25 cup water	4 cups bread crumbs	Chicken Schnitzel and Steamed Vegetables
2 tablespoons boiling water	1 1/2 cups bread crumbs	
1 small broccoli	0.06 teaspoon brown sugar	
1 large brown onion	1 1/3 cup brown sugar	
500 grams butternut pumpkin	250 mls chicken stock	
3 large carrots	2 tablespoons corn flour	
4 large carrots	2 cups desiccated coconut	
3 large carrots	3 tablespoons dried chilli	
3 large carrots	1 tablespoon dried parsley	
4 large corn	1.5 tablespoons ground cumin	
	2 tablespoons olive oil	