

8 small dinner bread rolls
 300 mls cream
 6 large eggs
 4 large eggs
 1 large eggs
 70 grams parmesan cheese (grated)
 500 mls sour cream
 150 mls sour cream
 4 tablespoons sour cream
 200 grams tasty cheese
 150 grams tasty cheese (grated)
 200 grams tasty cheese (grated)
 1/2 cup tasty cheese (grated)
 8 rashers bacon (shortcut rindless)
 175 mls tzaziki
 2 cups frozen peas
 200 grams frozen peas
 5 medium banana
 3 medium beetroot
 1 small broccoli
 1 large brown onion
 1 large brown onion
 4 large carrots
 3 large carrots
 3 large carrots
 2 large (grated) carrots
 6 large corn
 4 large corn
 4 large corn
 1 large cucumber
 1/4 cup fresh coriander
 3 cloves fresh garlic
 3 colves fresh garlic
 1 large green capsicum

1 large iceberg lettuce
 2 tablespoons lemon juice
 8 large potatoes
 8 large potatoes
 8 large potatoes
 1/4 large purple cabbage
 1 large red capsicum
 1 large red capsicum
 2 large tomato
 2 large tomato
 1 large white onion
 1 large white onion
 1 large white onion
 1.25 tablespoons dried oregano
 500 grams beef mince
 750 grams chicken breasts
 500 grams chicken mince
 1.5 kilograms chicken wings
 500 grams lamb strips
 12 thin sausages
 1 teaspoon bicarbonate of soda
 0.5 teaspoon black cracked pepper
 4 cups bread crumbs
 1/2 cup bread crumbs
 1.5 cups caster sugar
 2 teaspoons dried cayene pepper
 2 teaspoons minced garlic
 1 tin oil olive spray
 2 tablespoons olive oil
 2 tablespoons olive oil
 500 mls pasta sauce
 500 mls pasta sauce
 0.5 teaspoon sea salt
 3 cups plus 2tbs self raising

flour
 1/2 cup sweet chilli sauce
 1 packet taco mix
 1 packet tortillas burritos
 0.5 teaspoon vanilla essence
 200 mls vegetable oil
 250 mls vegetable oil
 750 mls vegetable stock
 500 grams penne pasta
 3 cups white rice

These ingredients are to make:

Souvlaki (Monday)
 Sausages and Steamed Vegetables (Tuesday)
 Banana Cake (Tuesday)
 Chicken Balls (Tuesday)
 Baked Penne With Bacon (Wednesday)
 Mexibake (Thursday)
 Beetroot Soup (Friday)
 Chicken Schnitzel and Steamed Vegetables (Saturday)
 Chicken Wings with Baked Potatoes and Corn (Sunday)

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