

200 mls coconut milk  
 4 long crusty wholegrain bread rolls  
 125 grams butter  
 6 large eggs  
 2 large lightly beaten eggs  
 1 large eggs  
 1 tablespoon greek style yogurt low fat  
 300 mls sour cream  
 150 grams yoghurt  
 1/4 cup hummus dip  
 600 grams white fish fillets  
 200 grams frozen peas  
 200 grams frozen peas  
 1/2 cup frozen raspberries  
 3 cups (rice cooker measuring cups)  
 water  
 200 mls water  
 1 small diced avocado  
 1 medium avocado  
 1 small broccoli  
 500 grams butternut pumpkin  
 3 large carrots  
 3 large carrots  
 3 large carrots  
 3 large carrots  
 3 large carrots  
 3 medium carrots  
 4 large corn  
 1/2 medium cucumber  
 1 medium cucumber  
 2 tablespoons finely chopped fresh flat  
 leaf parsley  
 1/2 large iceberg lettuce  
 1 small diced lebanese cucumber

1 medium lime  
 150 grams mixed salad leaves  
 3 large potatoes  
 8 large potatoes  
 1 large red capsicum  
 1 large red capsicum  
 1 medium red capsicum  
 6 spring onions  
 2 large tomato  
 600 grams tomato  
 750 grams chicken breasts  
 4 large chicken breasts  
 500 grams diced beef  
 16 large lamb chops  
 250 mls beef stock  
 4 cups bread crumbs  
 1 1/2 cups bread crumbs  
 1/2 cup brown sugar  
 15 grams canola spray oil  
 1/2 cup caster sugar  
 1/2 teaspoon curry powder  
 1 tablespoon dried coriander  
 1.5 teaspoons minced garlic  
 15 grams oil olive spray  
 2 tablespoons olive oil  
 2 tablespoons olive oil  
 1 tablespoon olive oil  
 0.125 cup plain flour  
 1/2 cup plain flour  
 1/3 cup rice vinegar  
 1/4 teaspoon salt  
 1/2 teaspoon salt  
 1 3/4 cups self raising flour

1 tablespoon sesame seeds  
 4 teaspoons soy sauce  
 100 mls (optional) soy sauce  
 4 tablespoons sweet chilli sauce  
 6 sheets toasted seaweed sheets  
 (nori)  
 3 tablespoons tomato paste  
 1 packet tortillas burritos  
 360 grams tuna (tomato & onion  
 flavour)  
 95 grams tuna in springwater  
 1/2 teaspoon vanilla extract  
 200 mls vegetable oil  
 15 grams (optional) wasabi paste  
 1 cup white chocolate chips  
 3 cups (rice cooker measuring cups)  
 sushi rice  
 4 cups white rice

These ingredients are to make:

Chicken Wraps – Easy Sweet Chilli  
(Monday)

Lamb Chops and Steamed  
Vegetables (Tuesday)

Sushi (Tuesday)

White Chocolate Chip and Raspberry  
Cookies (Tuesday)

Slow Cooker Beef Stroganoff  
(Wednesday)

Tuna Rice (Thursday)

Tomato and Coconut Soup (Friday)

Chicken Schnitzel and Steamed  
Vegetables (Saturday)

Fish Burgers (Sunday)