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| 8 small dinner bread rolls | 8 large potatoes | 0.125 cup plain flour |
| 50 grams butter | 8 large potatoes | 2 cups plain flour |
| 1 large eggs | 1 large red capsicum | 1 teaspoon salt |
| 100 grams feta cheese | 1 large red capsicum | 0.5 teaspoon sea salt |
| 250 grams mozzarella cheese (grated) | 20 large snow peas | 2 tablespoons soy sauce |
| 300 mls sour cream | 6 sticks spring onions | 3 tablespoons sweet chilli sauce |
| 150 mls sour cream | 1 large tomato | 3 tablespoons tomato paste |
| 200 grams tasty cheese | 2 large tomato | 1 packet tortillas burritos |
| 200 grams tasty cheese (grated) | 1 large white onion | 2 tablespoons yeast |
| 250 grams tasty cheese (grated) | 1 large white onion | 2 cups white rice |
| 200 grams shredded ham | 1.25 tablespoons dried oregano | |
| 200 grams sun dried tomatoes | 500 grams beef strips | These ingredients are to make: |
| 175 mls tzaztiki | 1.5 kilograms chicken wings | |
| 200 grams frozen peas | 500 grams diced beef | Beef Stir Fry (Monday) |
| 2 cups frozen peas | 500 grams lamb strips | Souvlaki (Tuesday) |
| 250 mls water | 12 thin sausages | Sausages and Steamed Vegetables (Wednesday) |
| 1 small broccoli | 1 large whole chicken | Slow Cooker Beef Strogonoff (Thursday) |
| 1 small broccoli | 250 mls beef stock | Home Made Pizzas (Friday) |
| 1 large brown onion | 250 mls beef stock | Chicken Wings with Baked Potatoes and Corn (Saturday) |
| 500 grams butternut pumpkin | 0.5 teaspoon black cracked pepper | Roast Chicken and Vegetables (Sunday) |
| 3 large carrots | 1 1/2 cups bread crumbs | |
| 3 large carrots | 250 mls chicken stock | |
| 4 large carrots | 2 tablespoons corn flour | |
| 4 large carrots | 2 tablespoons corn flour | |
| 3 large carrots | 1 teaspoon dried ginger | |
| 6 large corn | 1 tablespoon dried parsley | |
| 4 large corn | 1 teaspoon ground coriander | |
| 1 large cucumber | 3 tablespoons honey | |
| 1 bunch fresh basil | 1.5 teaspoons minced garlic | |
| 3 tablespoons fresh basil | 1 teaspoon minced garlic | |
| 3 cloves fresh garlic | 1 tin oil olive spray | |
| 1 large iceberg lettuce | 2 tablespoons olive oil | |
| 2 tablespoons lemon juice | 2 tablespoons olive oil | |
| 3 large potatoes | 1 tablespoon olive oil | |
| 8 large potatoes | 2 tablespoons olive oil | |
| | 200 mls pasta sauce | |