

400 mls coconut milk	1 large white onion	425 grams tinned tomatoes (diced)
6 large bread rolls	1 large white onion	140 grams tomato paste
60 grams butter	1 large white onion	3 tablespoons tomato sauce
50 grams butter	1 large white onion	200 mls vegetable oil
1 large eggs	1 teaspoon dried oregano	2 tablespoons vegetable oil
6 large eggs	0.75 cup slivered almonds	1 tablespoon worstershire sauce
3 large eggs	2 teaspoons garam masala	1 tbsp worstershire sauce
125 mls light sour cream	500 grams beef mince	500 grams spaghetti
100 grams tasty cheese	500 grams beef mince	1.5 cups white rice
150 grams tasty cheese (grated)	750 grams beef strips	
1 cup yoghurt	1 boneless piece beef topside	
4 large fresh fish fillets	750 grams chicken breasts	These ingredients are to make:
200 grams frozen peas	600 grams chicken breasts	
187.5 mls water	1/2 cup balsamic vinegar	Moroccan Minted Beef (Monday)
4 large carrots	1 cup beef stock	Tacos - Homemade Seasoning (Tuesday)
3 large carrots	425 grams beetroot (canned)	Pan Fried Fish with Salad (Wednesday)
3 large carrots	425 grams beetroot (canned)	Slow Cooker Butter Chicken (Thursday)
3 large carrots	1 cup bread crumbs	Homemade Hamburgers and Chunky Chips (Friday)
3 sticks celery	4 cups bread crumbs	Chicken Schnitzel and Steamed Vegetables (Saturday)
4 sticks celery	15 seeds cardamom seeds	Slow Cooker Balsamic Beef (Sunday)
4 large corn	1 tablespoon curry paste	
0.5 large cucumber	3 tablespoons dried chilli	
3 cloves fresh garlic	2 teaspoons dried coriander	
4 cloves fresh garlic	1 teaspoon ground cinnamon	
1 teaspoon finely chopped ginger (or 1/2 tsp ground) fresh ginger	2 teaspoons ground cumin	
1 large iceberg lettuce	1.5 tablespoons ground cumin	
0.5 small iceberg lettuce	1 tbsp honey	
1 small iceberg lettuce	4 tablespoons olive oil	
1 large lemon	2 tablespoons olive oil	
0.5 bunch mint leaves	2 tablespoons olive oil	
10 large potatoes	4 tablespoons plain flour	
8 large potatoes	4 tablespoons plain flour	
2 large tomato	3 tablespoons salt	
2 large tomato	1 tbsp soy sauce	
2 large tomato	3 tablespoons sweet chilli sauce	
	12 large taco shells	
	0.5 cup tartare sauce	