

270 mls coconut milk	1 large red capsicum	140 gms tomato paste
1 packet bread rolls (bake at home)	1 large red capsicum	1 tablespoon tomato sauce
30 grams butter	6 sticks spring onions	250 mls vegetable oil
75 grams butter	2 large white onion	1 tablespoon worstershire sauce
10 large eggs	1 large white onion	2 teaspoons worstershire sauce
8 large eggs	50 gms white onion	1 tablespoon worstershire sauce
1 large eggs	1 large white onion	3 1/4 cups basmati rice
150 mls light sour cream	750 grams zucchini	2 cups rice
150 grams tasty cheese (grated)	4 medium zucchini	
8 rashers bacon (shortcut rindless)	500 grams beef mince	These ingredients are to make:
8 rashers bacon (shortcut rindless)	750 grams beef mince	Slow Cooker Spaghetti
8 rash bacon (shortcut rindless)	500 gms premium beef mince	Bolognese (Monday)
500 mls water	500 grams lamb strips	Zucchini Bolognese (Monday)
0.25 cup water	14 chickwn sausages	Shepherds Pie (Tuesday)
1/4 cup water	1/4 tsp Himalayan pink salt	Green Veggie Recipe (Tuesday)
4 cups cold water	1 1/2 cups beef stock	Slow Cooker Satay (Wednesday)
60 gms baby spinach	0.06 teaspoon brown sugar	Rice cooker coconut rice (Wednesday)
280 gms broccoli	400 mls coconut cream	Pumpkin Soup (Thursday)
4 large pieces broccoli	2 tablespoons corn flour	Fried Rice (Thursday)
2 large brown onion	1.5 tsp macadamia oil	Zucchini Slice (Saturday)
1 large brown onion	2 tbsp macadamia oil	Sausages, veg and crispy mashed potato mounds (Sunday)
2 kilograms butternut pumpkin	1 tablespoon olive oil	
525 grams butternut pumpkin	1 tablespoon olive oil	
4 large carrots	3 tablespoons olive oil	
4 large carrots	2 tablespoons olive oil	
3 large carrots	3 tablespoons peanut butter	
2 large grated carrots	3 tablespoons plain flour	
8 medium carrots	1 teaspoon salt	
2 cloves fresh garlic	1 tsp salt	
1 clove fresh garlic	2 cups self raising flour	
1 clove fresh garlic	5 teaspoons soy sauce	
1 clove fresh garlic	1 teaspoon stock chicken powder	
3 cloves fresh garlic	1 tablespoon sweet chilli sauce	
3 cm fresh ginger	400 grams tinned tomatoes (diced)	
3 tablespoons fresh parsley	400 gms tinned tomatoes (diced)	
6 large potatoes	4 tablespoons tomato paste	
2 kgs potatoes	1/3 cup tomato paste	