50 grams butter
75 grams butter
6 large eggs
1 large eggs
1 large eggs
125 mls light sour cream
200 grams frozen peas
200 grams frozen peas
187.5 mls water
2 tablespoons water
1 small broccoli
4 large pieces broccoli
4 cups broccoli florets
500 grams butternut pumpkin
525 grams butternut pumpkin
4 large carrots
3 large carrots
3 large carrots
2 large grated carrots
3 large carrots
8 medium carrots
4 large corn
1 clove fresh garlic
2 cloves fresh garlic
3 tablespoons fresh parsley
1 small iceberg lettuce
8 large potatoes
8 large potatoes
6 large potatoes
2 kgs potatoes
1 bunch spring onions
2 large tomato
1 large white onion
1 large white onion
1 large white onion
2 tbsp coconut oil
1 teaspoon dried oregano
500 grams beef mince
750 grams beef mince
500 grams beef strips
1.5 kg beef strips
750 grams chicken breasts
14 chickwn sausages
1 large whole chicken
1/4 tsp Himalayan pink salt
2 tbsp arrowroot powder
1 1/2 cups beef stock
1/4 cup beef stock
4 cups bread crumbs
1 1/2 cups bread crumbs
250 mls chicken stock
5 tbsp coconut amino sauce
2 tablespoons corn flour
2 tablespoons corn flour
3 tablespoons dried chilli
1 tablespoon dried parsley
3 packets fried noodles (Changs)
1.5 tablespoons ground cumin
2 tablespoons olive oil
2 tablespoons olive oil
2 tablespoons olive oil
2 tablespoons olive oil
4 tablespoons plain flour
3 tablespoons salt
2 tablespoons soy sauce
2 tablespoons sweet chilli sauce
5 tbsp (homemade) sweet chilli sauce
12 large taco shells
1/3 cup tomato paste
200 mls vegetable oil
1 tablespoon worstershire sauce
2 cups basmati rice

These ingredients are to make:
Roast Chicken and Vegetables (Monday)
Slow cooker beef and broccoli (Tuesday)
Shepherds Pie (Wednesday)
Beef Stir Fry Recipe - Super Quick With Crispy Noodles (Thursday)
Sausages, veg and crispy mashed potato mounds (Friday)
Tacos - Homemade Seasoning (Saturday)
Chicken Schnitzel and Steamed Vegetables (Sunday)

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