

8 small dinner bread rolls

6 large eggs

100 grams feta cheese

125 mls light sour cream

250 grams mozzarella cheese
(grated)

150 mls sour cream

200 grams tasty cheese (grated)

250 grams tasty cheese (grated)

200 grams shredded ham

200 grams sun dried tomatoes

200 grams frozen peas

250 mls water

187.5 mls water

2 tablespoons water

1/4 cup water

3 large carrots

3 large carrots

5 large carrots

3 large carrots

6 large corn

4 large corn

1 bunch fresh basil

3 tablespoons fresh basil

2 cloves fresh garlic

3 cloves fresh garlic

1 small iceberg lettuce

2 cups peas

8 large potatoes

8 large potatoes

8 large potatoes

1 bunch spring onions

1 large tomato

2 large tomato

1 large white onion

1 large white onion

2 large white onion

1 large white onion

4 medium zucchini

1 teaspoon dried oregano

500 grams beef mince

500 gms premium beef mince

500 grams beef strips

750 grams chicken breasts

1.5 kilograms chicken wings

2 kilograms leg of lamb

4 cups bread crumbs

3 tablespoons dried chilli

3 packets fried noodles
(Changs)

1.5 tablespoons ground cumin

2 tbsp macadamia oil

1 tablespoon olive oil

2 tablespoons olive oil

2 tablespoons olive oil

2 tablespoons olive oil

700 grams passata

200 mls pasta sauce

2 cups plain flour

4 tablespoons plain flour

1 teaspoon salt

3 tablespoons salt

1 tsp salt

2 tablespoons soy sauce

2 tablespoons sweet chilli sauce

12 large taco shells

400 gms tinned tomatoes
(diced)

140 gms tomato paste

200 mls vegetable oil

2 tablespoons yeast

These ingredients are to make:

Slow Cooker Roast Lamb
(Monday)

Zucchini Bolognese (Tuesday)

Chicken Schnitzel and Steamed

Vegetables (Wednesday)

Beef Stir Fry Recipe - Super

Quick With Crispy Noodles
(Thursday)

Home Made Pizzas (Friday)

Tacos - Homemade Seasoning

(Saturday)

Chicken Wings with Baked
Potatoes and Corn (Sunday)

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y <http://ventiv.com.au>