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|---------------------------------|----------------------------------|---|
| 6 large bread rolls | 1 large white onion | 500 grams spaghetti |
| 50 grams butter | 1 large white onion | 3 cups white rice |
| 1 large eggs | 1 large white onion | |
| 1 large eggs | 1 large white onion | |
| 500 mls sour cream | 1 large white onion | These ingredients are to make: |
| 150 grams tasty cheese (grated) | 1 cup cashews (raw) | |
| 150 grams tasty cheese (grated) | 3 tbsp coconut oil | Creamy chicken and sweet |
| 10 rash bacon (shortcut | 3 tbs coconut oil | potato stew (dairy free) |
| rindless) | 3 tbsp coconut oil | (Monday) |
| 500 grams salmon fillets | 500 grams beef mince | Chicken, cashew and ginger stir |
| 200 grams frozen peas | 500 grams beef mince | fry (Tuesday) |
| 240 grams baby spinach | 1 kg chicken breasts | Sang Choy Bow (Wednesday) |
| 1 small broccoli | 1 kg chicken breasts | Dukkah crusted salmon with |
| 2 bunches broccolini | 700 grams chicken mince | crunchy potatoes and garlic |
| 500 grams butternut pumpkin | 1 large whole chicken | spinach (Thursday) |
| 4 large carrots | 3 tsp arrowroot powder | Mexibake (Friday) |
| 4 large carrots | 425 grams beetroot (canned) | Homemade Hamburgers and |
| 2 large (grated) carrots | 1 cup bread crumbs | Chunky Chips (Saturday) |
| 2 large carrots | 1 1/2 cups bread crumbs | Roast Chicken and Vegetables |
| 3 sticks celery | 250 mls chicken stock | (Sunday) |
| 1 clove fresh garlic | 1/3 cup chicken stock | |
| 2 cloves fresh garlic | 400 mls coconut cream | |
| 1 clove fresh garlic | 2 tablespoons corn flour | This app was made |
| 3 cloves fresh garlic | 2 teaspoons dried cayene | for http://planningwithkids.com b |
| 1/2 teaspoon fresh ginger | pepper | y http://ventiv.com.au |
| 3 cms fresh ginger | 1 tablespoon dried parsley | |
| 1/4 bunch fresh mint | 1/2 cup dukkah | |
| 1 large green capsicum | 2 tablespoons olive oil | |
| 1 large iceberg lettuce | 4 tablespoons olive oil | |
| 1/2 medium iceberg lettuce | 2 tablespoons olive oil | |
| 10 large potatoes | 3 tablespoons olive oil | |
| 8 large potatoes | 2 tablespoons oyster sauce | |
| 6 large potatoes | 3/4 cup passata | |
| 1 large red capsicum | 500 mls pasta sauce | |
| 1 large red capsicum | 1 tablespoon soy sauce | |
| 1 medium red chilli | 3 tablespoons sweet chilli sauce | |
| 125 grams snow peas | 1 packet taco mix | |
| 1 large sweet potato | 3 tbsp tamari soy sauce | |
| 2 large tomato | 3 tablespoons tomato sauce | |
| 2 large tomato | 1 tablespoon worstershire sauce | |