270 mls coconut milk
1 packet bread rolls (bake at home)
30 grams butter
50 grams butter
75 grams butter
1 large eggs
8 large eggs
150 mls light sour cream
125 mls light sour cream
8 rashers bacon (shortcut rindless)
8 rash bacon (shortcut rindless)
500 grams salmon fillets
200 grams frozen peas
500 mls water
187.5 mls water
60 gms baby spinach
240 grams baby spinach
1 small broccoli
280 gms broccoli
4 large pieces broccoli
2 bunches broccolini
2 kilograms butternut pumpkin
500 grams butternut pumpkin
4 large carrots
3 large carrots
4 large carrots
3 large carrots
8 medium carrots
2 large carrots
2 cloves fresh garlic
1 clove fresh garlic
1 clove fresh garlic
3 cloves fresh garlic
3 cms fresh ginger
1 small iceberg lettuce
8 large potatoes
2 kgs potatoes
6 large potatoes
1 large red capsicum
1 large red capsicum
1 large red capsicum
125 grams snow peas
6 sticks spring onions
2 large tomato
2 large white onion
1 large white onion
1 large white onion
50 gms white onion
1 cup cashews (raw)
3 tbs coconut oil
3 tbsp coconut oil
1 teaspoon dried oregano
500 grams beef mince
1 kg chicken breasts
500 grams lamb strips
14 chickwn sausages
1 large whole chicken
1/4 tsp Himalayan pink salt
3 tsp arrowroot powder
1 1/2 cups bread crumbs
250 mls chicken stock
1/3 cup chicken stock
2 tablespoons corn flour
3 tablespoons dried chilli
1 tablespoon dried parsley
1/2 cup dukkah
1.5 tablespoons ground cumin
1.5 tsp macadamia oil
2 tablespoons olive oil
2 tablespoons olive oil
1 tablespoon olive oil
3 tablespoons olive oil
3 tablespoons peanut butter
4 tablespoons plain flour
3 tablespoons plain flour
3 tablespoons salt
5 teaspoons soy sauce
1 teaspoon stock chicken powder
1 tablespoon sweet chilli sauce
12 large taco shells
3 tbsp tamari soy sauce
1 tablespoon tomato sauce
1 tablespoon worstershire sauce
2 cups rice

These ingredients are to make:

Chicken, cashew and ginger stir fry (Monday)
Slow Cooker Satay (Tuesday)
Green Veggie Recipe (Tuesday)
Sausages, veg and crispy mashed potato mounds (Wednesday)
Pumpkin Soup (Thursday)
Fried Rice (Thursday)
Dukkah crusted salmon with crunchy potatoes and garlic spinach (Friday)
Tacos - Homemade Seasoning (Saturday)
Roast Chicken and Vegetables (Sunday)

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