

8 small dinner bread rolls	1 large white onion	(diced)
75 grams butter	50 gms white onion	140 gms tomato paste
600 mls cream	1 large white onion	2 tbsp tomato paste
1 large eggs	4 medium zucchini	
2 large eggs	1/4 cup apple cider vinegar	
125 mls light sour cream	1 tsp coconut oil	These ingredients are to make:
150 mls sour cream	2 tbsps coconut oil	
200 grams tasty cheese (grated)	3 tbs coconut oil	Scalloped Potatoes (Monday)
150 grams tasty cheese (grated)	1 teaspoon dried oregano	Sautéed baby spinach (Monday)
1/2 cup tasty cheese (grated)	500 grams beef mince	Gluten free meatloaf (Monday)
187.5 mls water	500 gms premium beef mince	Zucchini Bolognese (Tuesday)
1/4 cup water	1 kg beef mince	Tacos - Homemade Seasoning
3 tbsp water	500 grams chicken mince	(Wednesday)
60 gms baby spinach	1.5 kilograms chicken wings	Chicken Balls (Thursday)
360 grams baby spinach	2 kg lamb shoulder	Green Veggie Recipe
280 gms broccoli	14 chickwn sausages	(Thursday)
4 large pieces broccoli	1 tsp Himalayan pink salt	Sweet Potato Gratin (Dairy
2 heads broccoli	1/4 tsp Himalayan pink salt	Free) (Thursday)
1 large brown onion	1.5 tsp Himalayan pink salt	Sausages, veg and crispy
3 large carrots	1 cup almond meal	mashed potato mounds (Friday)
8 medium carrots	3 tsp arrowroot powder	Chicken Wings with Baked
5 large carrots	1/2 cup bread crumbs	Potatoes and Corn (Saturday)
6 large corn	400 mls coconut cream	Honey roasted lamb shoulder
1/4 cup fresh coriander	3 tablespoons dried chilli	(Sunday)
1 clove fresh garlic	1 tsp dried cumin	
3 cloves fresh garlic	1 tsp dried cumin	
2 - 3 cloves fresh garlic	4-6 tbsp dukkah (homemade)	This app was made
3 cloves fresh garlic	1 packet french onion soup mix	for http://planningwithkids.com b
2 cloves fresh garlic	1.5 tablespoons ground cumin	y http://ventiv.com.au
1 small iceberg lettuce	1.5 tsp macadamia oil	
8 large potatoes	2 tbsp macadamia oil	
15 large potatoes	2 tablespoons olive oil	
2 kgs potatoes	4 tablespoons plain flour	
12 large potatoes	1/2 cup raw honey	
8 stalks spring onions	3 tablespoons salt	
3 large (900 grams) sweet potato	1 tsp salt	
1 large sweet potato	1/2 cup sweet chilli sauce	
2 large tomato	12 large taco shells	
1 large white onion	1/4 cup tamari	
	400 gms tinned tomatoes	