60 grams butter
75 grams butter
6 large eggs
3 large eggs
500 mls sour cream
100 grams tasty cheese
150 grams tasty cheese (grated)
150 grams yoghurt
4 large fresh fish fillets
200 grams frozen peas
0.25 cup water
60 gms baby spinach
280 gms broccoli
4 large pieces broccoli
2 bunches broccolini
1 large brown onion
3 large carrots
3 large carrots
3 large carrots
2 large (grated) carrots
8 medium carrots
2 large carrots
4 sticks celery
4 large corn
0.5 large cucumber
1/2 medium cucumber
1 clove fresh garlic
1 clove fresh garlic
3 cloves fresh garlic
3 cms fresh ginger
1 large green capsicum
0.5 small iceberg lettuce
1/2 large iceberg lettuce
8 large potatoes
2 kgs potatoes
1 large red capsicum
1 large red capsicum
1 large red capsicum
125 grams snow peas
2 large tomato
2 large tomato
2 large tomato
1 large white onion
50 gms white onion
1 cup cashews (raw)
3 tbsp coconut oil
500 grams beef mince
500 grams beef mince
750 grams chicken breasts
4 large chicken breasts
1 kg chicken breasts
14 chickwn sausages
1/4 tsp Himalayan pink salt
3 tsp arrowroot powder
425 grams beetroot (canned)
4 cups bread crumbs
0.06 teaspoon brown sugar
1/3 cup chicken stock
2 teaspoons dried cayene pepper
1 tablespoon dried coriander
1.5 tsp macadamia oil
2 tablespoons olive oil
1 tablespoon olive oil
1 tablespoon olive oil
500 mls pasta sauce
4 tablespoons plain flour
1 teaspoon salt
4 teaspoons soy sauce
4 tablespoons sweet chilli sauce
1 packet taco mix
3 tbsp tamari soy sauce
0.5 cup tartare sauce
400 grams tinned tomatoes (diced)
4 tablespoons tomato paste
1 packet tortillas burritos
200 mls vegetable oil
2 teaspoons worstershire sauce
3 cups white rice

These ingredients are to make:

Chicken Schnitzel and Steamed Vegetables (Monday)
Chicken, cashew and ginger stir fry (Tuesday)
Mexibake (Wednesday)
Sausages, veg and crispy mashed potato mounds (Thursday)
Pan Fried Fish with Salad (Friday)
Slow Cooker Spaghetti Bolognese (Saturday)
Green Veggie Recipe (Saturday)
Chicken Wraps – Easy Sweet Chilli (Sunday)

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