2 gourmet bread rolls
165 mls red wine
50 grams butter
1 large eggs
500 mls sour cream
200 grams tasty cheese
200 grams tasty cheese
150 grams tasty cheese (grated)
12 slices bacon (shortcut rindless)
175 mls tzaztiki
200 grams frozen peas
62.5 mls water
0.25 cup water
1 small broccoli
1 small broccoli
1 large brown onion
1 large brown onion
500 grams butternut pumpkin
500 grams butternut pumpkin
4 large carrots
3 large carrots
3 large carrots
5 large carrots
2 large (grated) carrots
4 sticks celery
1 large cucumber
1 large cucumber
3 cloves fresh garlic
1 clove fresh garlic
2 cloves fresh garlic
1 large green capsicum
1 large iceberg lettuce
1 large iceberg lettuce
1 whole iceberg lettuce
1 large lemon
2 tablespoons lemon juice
0.5 bunch mint leaves
8 large potatoes
10 large potatoes
1 large red capsicum
1 large red capsicum
1 large red capsicum
2 large tomato
2 large tomato
2 large tomato
1 - 2 ripe tomato
1 large white onion
1 large white onion
1 large white onion
1 large white onion
1.25 tablespoons dried oregano
0.75 cup slivered almonds
500 grams beef mince
500 grams beef mince
750 grams beef strips
2 kilograms beef topside
500 grams chicken breasts
500 grams lamb strips
1 large whole chicken
425 grams beetroot (canned)
0.5 teaspoon black cracked pepper
1 1/2 cups bread crumbs
0.06 teaspoon brown sugar
250 mls chicken stock
2 tablespoons cocoa
1 tin condensed milk
3 tablespoons corn flour
2 tablespoons corn flour
410 grams corn kernels
2 cups desiccated coconut
2 teaspoons dried cayene pepper
1 tablespoon dried parsley
2 teaspoons ground cumin
8 tablespoons honey
1 packet marie biscuits
2 tablespoons olive oil
2 tablespoons olive oil
2 tablespoons olive oil
2 tablespoons olive oil
1 tablespoon olive oil
500 mls pasta sauce
1 teaspoon salt
0.5 teaspoon sea salt
8 tablespoons soy sauce
1 packet taco mix
425 grams tinned tomatoes (diced)
400 grams tinned tomatoes (diced)
4 tablespoons tomato paste
165 mls tomato sauce
1 packet tortillas burritos
6 tablespoons vegetable oil
2 teaspoons worstershire sauce
3 cups white rice
1.5 cups white rice

These ingredients are to make:
Souvlaki (Monday)
Chocolate Balls (Tuesday)
Marinated Chicken Sticks and Salad (Tuesday)
BLT (Tuesday)
Slow Cooker Roast Beef (Wednesday)
Roast Chicken and Vegetables (Thursday)
Mexibake (Friday)
Moroccan Minted Beef (Saturday)
Slow Cooker Spaghetti Bolognese (Sunday)

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