# Weekly Menu Plan and Shopping List Starting 12th October

12 standard english muffins
15 grams butter
3 large eggs
12 large eggs
100 grams feta cheese
125 mls light sour cream
250 grams mozzarella cheese (grated)
75 grams tasty cheese
250 grams tasty cheese (grated)
12 rashers bacon (shortcut rindless)
200 grams shredded ham
200 grams sun dried tomatoes
2 cups frozen peas
250 mls water
187.5 mls water
0.25 cup water
2.5 large banana
1 small broccoli
1 large brown onion
3 large carrots
4 large carrots
3 large carrots
4 large carrots
4 large corn
1 bunch fresh basil
3 tablespoons fresh basil
1 clove fresh garlic
4 cloves fresh garlic
1.5 tablespoons fresh parsley
1 small iceberg lettuce
8 large potatoes
1 large red capsicum
6 spring onions
6 sticks spring onions
1 large tomato
2 large tomato
1 large white onion
1 large white onion
3 tbsps coconut flour
1 teaspoon dried oregano
3 tbsps walnuts
500 grams beef mince
500 grams beef mince
1 boneless piece beef topside
2 large chicken breasts
12 thin sausages
1.5 cups almond meal
1/4 tsp baking powder (gluten free)
1/2 cup balsamic vinegar
1 cup beef stock
0.06 teaspoon brown sugar
5 cups chicken stock
1 tsp cinnamon
2 tbsps coconut cream
2 tbsps desiccated coconut
3 tablespoons dried chilli
1.5 tablespoons ground cumin
1 tbsp honey
3 tbsps macadamia oil
3 tbsps maple syrup
1 tin oil olive spray
1 tablespoon olive oil
2 tablespoons olive oil
1 tablespoon olive oil
200 mls pasta sauce
2 cups plain flour
4 tablespoons plain flour
1 teaspoon salt
3 tablespoons salt
1 teaspoon salt
1 tbsp soy sauce
12 large taco shells
400 grams tinned tomatoes (diced)
4 tablespoons tomato paste
360 grams tuna (tomato & onion flavour)
2 teaspoons worstershire sauce
1 tbsp worstershire sauce
2 tablespoons yeast
100 grams pasta soup
4 cups white rice

These ingredients are to make:

Sausages and Steamed Vegetables (Monday)
Tacos - Homemade Seasoning (Tuesday)
Banana Bread (Gluten Free) (Tuesday)
Lunch Box Egg and Bacon Muffins (Tuesday)
Slow Cooker Balsamic Beef (Wednesday)
Slow Cooker Spaghetti Bolognese (Thursday)
Slow Cooker Chicken Noodle Soup (Friday)
Tuna Rice (Saturday)
Home Made Pizzas (Sunday)

This app was made for http://planningwithkids.com by http://ventiv.com.au