Weekly Menu Plan and Shopping List Starting 24th May

4 tablespoons butter

300 mls cream

1/2 cup cream

4 large eggs

2 large eggs

125 mls light sour cream

3/4 cup parmesan cheese (grated)

6 rashers bacon (shortcut rindless)

8 rashes bacon (shortcut rindless)

2 cups frozen peas

6 Sheets puff pastry

187.5 mls water

1 large avovado

5 medium banana

1 small broccoli

4 large carrots

3 large carrots

3 large carrots

4 large carrots

5 large carrots

4 large corn

1 clove fresh garlic

1.5 tablespoons fresh parsley

1 small iceberg lettuce

2 cups peas

8 large potatoes

2 large potatoes

8 large potatoes

1 large red capsicum

6 sticks spring onions

1/2 bunch spring onions

400 grams sweet potato

2 large tomato

1 large white onion

1 large white onion

2 large white onion

1/2 tablespoon coconut oil

1 teaspoon dried oregano

500 grams beef mince

500 grams chicken breasts

2 large chicken breasts

2 kilograms leg of lamb

12 thin sausages

1/2 teaspoon Himalayan pink salt

1 teaspoon bicarbonate of soda

1.5 cups caster sugar

5 cups chicken stock

2 1/2 cups chicken stock

3 tablespoons dried chilli

1 tablespoon dukkah (homemade)

1.5 tablespoons ground cumin

2 teaspoons minced garlic

1 tin oil olive spray

2 tablespoons olive oil

2 tablespoons olive oil

2 tablespoons olive oil

700 grams passata

4 tablespoons plain flour

3 tablespoons salt

3 cups plus 2tbs self raising flour

12 large taco shells

410 grams tinned tomatoes (whole)

0.5 teaspoon vanilla essence

250 mls vegetable oil

1 cup arborio rice

100 grams pasta soup

2 cups white rice

These ingredients are to make:

Tacos - Homemade Seasoning (Monday)

Banana Cake (Tuesday)

Left Over Meat Recipe (Tuesday)

Slow Cooker Roast Lamb (Tuesday)

Creamy Tomato And Chicken Stew (Wednesday)

Slow Cooker Chicken Noodle Soup (Thursday)

Sausages and Steamed Vegetables (Friday)

Slow Cooker Risotto (Saturday)

Sweet Potato Hash, Eggs and Smashed Avocado (Sunday)

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