6 large bread rolls
75 grams butter
1 large eggs
1 large eggs
6 large eggs
750 mls milk
200 grams mozzarella cheese (grated)
200 grams tasty cheese
150 grams tasty cheese (grated)
200 grams tasty cheese (grated)
10 rash bacon (shortcut rindless)
175 mls tzaztiki
7 sheets short crust pastry
2 large banana
1 large brown onion
4 large carrots
3 large carrots
3 large carrots
4 large carrots
5 large carrots
3 sticks celery
1 large cucumber
3 cloves fresh garlic
2 cloves fresh garlic
1.5 tablespoons fresh parsley
2 large green capsicum
1 large iceberg lettuce
1 large iceberg lettuce
2 tablespoons lemon juice
2 cups peas
10 large potatoes
3 large potatoes
8 large potatoes
2 large red capsicum
1 large red capsicum
6 sticks spring onions
1 large sweet potato
2 large tomato
2 large tomato
1 large white onion
3 large white onion
2 large white onion
2 large white onion
1 large white onion
1/3 cup Coco quench
2 tbsp cacao powder
3/4 cup coconut flour
3 tbsp coconut oil
1/4 cup (melted) coconut oil
1.25 tablespoons dried oregano
500 grams beef mince
750 grams beef mince
500 grams chicken breasts
2 large chicken breasts
1 kg chicken breasts
500 grams lamb strips
2 kilograms leg of lamb
1 tsp Himalayan pink salt
2 tsp (gluten free) baking powder
425 grams beetroot (canned)
1 tsp bicarbonate of soda
0.5 teaspoon black cracked pepper
1 cup bread crumbs
5 cups chicken stock
0.5 cup chutney
400 mls coconut cream
4 tablespoons olive oil
2 tablespoons olive oil
2 tablespoons olive oil
700 grams passata
3/4 cup passata
0.5 cup plain flour
3 tbsp rice malt syrup
0.5 teaspoon sea salt
3 tablespoons sweet chilli sauce
375 grams tomato paste (herb and garlic)
3 tablespoons tomato sauce
6 tablespoons tomato sauce
1 packet tortillas burritos
1 tsp vanilla extract
1 tablespoon worstershire sauce
6 teaspoons worstershire sauce
500 grams lasagne pasta
100 grams pasta soup
500 grams spaghetti

These ingredients are to make:

Slow Cooker Chicken Noodle Soup (Monday)
Souvlaki (Tuesday)
Chicken Lasagne (Wednesday)
Creamy chicken and sweet potato stew (dairy free) (Thursday)
Homemade Hamburgers and Chunky Chips (Friday)
Pasties (Saturday)
Slow Cooker Roast Lamb (Sunday)
Choc banana muffins (gluten, dairy and nut free) (Sunday)