8 small dinner bread rolls
8 large eggs
125 mls light sour cream
150 mls sour cream
200 grams tasty cheese (grated)
8 rash bacon (shortcut rindless)
187.5 mls water
3 cups (rice cooker measuring cups) water
1/4 cup water
1 medium avocado
60 gms baby spinach
280 gms broccoli
3 large carrots
3 large carrots
3 medium carrots
3 large carrots
2 medium carrots
4 sticks celery
6 large corn
1 medium cucumber
1/2 large cucumber
1 clove fresh garlic
3 cloves fresh garlic
2 cloves fresh garlic
2 cloves fresh garlic
2 cloves fresh garlic
2 tsp fresh ginger
1 small iceberg lettuce
1/2 large iceberg lettuce
8 large potatoes
1 large red capsicum
1 medium red capsicum
1 large red capsicum
6 sticks spring onions
2 large tomato
1 large white onion
50 gms white onion
1 large white onion
1 large white onion
1 large white onion
4 medium zucchini
2 medium zucchini
2 tbsp coconut oil
5 tbsp coconut oil
1 tbsp coconut oil
1 tbsp coconut oil
1 teaspoon dried oregano
500 grams beef mince
500 gms premium beef mince
2 kg boneless beef
1 kg chicken breasts
1 kg chicken breasts
700 grams chicken mince
1.5 kilograms chicken wings
500 grams kangaroo steak
1/2 cup balsamic vinegar
1.5 tbsp balsamic vinegar
1 pinch (to taste) black pepper
3 tablespoons dried chilli
1 tbsp dried coriander leaves
1/2 cup garlic aoli (homemade)
1.5 tablespoons ground cumin
1.5 tsp macadamia oil
2 tbsp macadamia oil
1/2 cup maple syrup
2 tablespoons olive oil
3 tablespoons olive oil
4 tablespoons plain flour
20 - 24 square rice paper wrappers
12-15 large rice paper wrappers
1/3 cup rice vinegar
3 tablespoons salt
1/4 teaspoon salt
1 tsp salt
1 pinch (to taste) salt
100 mls (optional) soy sauce
1.5 tbsp sweet chilli sauce
3 tbsp sweet chilli sauce
12 large taco shells
3 tbsp tamari soy sauce
400 gms tinned tomatoes (diced)
6 sheets toasted seaweed sheets (nori)
140 gms tomato paste
95 grams tuna in springwater
15 grams (optional) wasabi paste
2 cups rice
3 cups (rice cooker measuring cups) sushi rice

These ingredients are to make:

Zucchini Bolognese (Monday)
Fried Rice (Tuesday)
Sushi (Wednesday)
Chicken spring rolls (Wednesday)
Chicken Rice Paper Rolls (Wednesday)
Green Veggie Recipe (Thursday)
Slow cooker shredded beef (Thursday)
Tacos - Homemade Seasoning (Friday)
Pan Fried Chicken and Salad (Saturday)
Chicken Wings with Baked Potatoes and Corn (Sunday)
Kangaroo Burgers (Sunday)

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