Weekly Menu Plan and Shopping List Starting 12th Jan 2015

270 mls coconut milk
6 large eggs
1 large eggs
100 grams feta cheese
250 grams mozzarella cheese (grated)
150 grams tasty cheese
250 grams tasty cheese (grated)
200 grams shredded ham
200 grams sun dried tomatoes
200 grams frozen peas
250 mls water
1/4 cup water
60 gms baby spinach
360 grams baby spinach
1 small broccoli
280 gms broccoli
500 grams butternut pumpkin
525 grams butternut pumpkin
4 large carrots
3 large carrots
4 large carrots
2 large grated carrots
1 head cauliflower
4 sticks celery
1 bunch fresh basil
3 tablespoons fresh basil
2 cloves fresh garlic
1 clove fresh garlic
1 clove fresh garlic
3 cloves fresh garlic
2 cloves fresh garlic
3 tablespoons fresh parsley
1 large iceberg lettuce
6 large potatoes
1 large red capsicum
2 large tomato
1 large tomato
1 large white onion
1 large white onion
50 gms white onion
1 large white onion
1 large white onion
4 medium zucchini
1 tbsp coconut oil
750 grams beef mince
500 gms premium beef mince
750 grams chicken breasts
16 large lamb chops
500 grams lamb strips
2.4 kg leg of lamb
1 1/2 cups beef stock
425 grams beetroot (canned)
4 cups bread crumbs
2 tablespoons corn flour
2 tsp dried coriander
2 tsp dried cumin
1.5 tsp macadamia oil
2 tbsp macadamia oil
1 tablespoon olive oil
2 tablespoons olive oil
1 tablespoon olive oil
2 tablespoons olive oil
2 cups passata
200 mls pasta sauce
3 tablespoons peanut butter
2 cups plain flour
3 tablespoons plain flour
1 teaspoon salt
1 tsp salt
5 teaspoons soy sauce
1 tablespoon sweet chilli sauce
400 gms tinned tomatoes (diced)
1/3 cup tomato paste
140 gms tomato paste
1 tablespoon tomato sauce
200 mls vegetable oil
3 cups vegetable stock
1 tablespoon worstershire sauce
1 tablespoon worstershire sauce
2 tablespoons yeast
2 cups cous cous

These ingredients are to make:

Chicken Schnitzel and Salad (Monday)
Slow Cooker Satay (Tuesday)
Green Veggie Recipe (Tuesday)
Zucchini Bolognese (Wednesday)
Spicy Slow Cooker Lamb (Thursday)
Shepherds Pie (Friday)
Lamb Chops and Steamed Vegetables (Saturday)
Home Made Pizzas (Sunday)

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