400 mls coconut milk
6 large bread rolls
8 small dinner bread rolls
50 grams butter
1 large eggs
500 mls sour cream
150 mls sour cream
150 grams tasty cheese (grated)
200 grams tasty cheese (grated)
150 grams tasty cheese (grated)
1 cup yoghurt
150 grams yoghurt
4 large carrots
5 large carrots
3 large carrots
2 large (grated) carrots
550 gms cauliflower
3 sticks celery
6 large corn
1/2 medium cucumber
3 cloves fresh garlic
1 clove fresh garlic
1 clove fresh garlic
1 teaspoon finely chopped ginger (or ½ tsp ground) fresh ginger
1 large green capsicum
1 large iceberg lettuce
1/2 large iceberg lettuce
1 large lemon
0.5 bunch mint leaves
2 cups peas
8 large potatoes
10 large potatoes
8 large potatoes
1 large red capsicum
1 large red capsicum
93 gms red capsicum
36 gms snow peas
2 large tomato
2 large tomato
2 large tomato
1 large white onion
1 large white onion
2 large white onion
1 large white onion
1 large white onion
52 gms white onion
2 tsp coconut oil
0.75 cup slivered almonds
2 teaspoons garam masala
500 grams beef mince
500 grams beef mince
750 grams beef strips
600 grams chicken breasts
4 large chicken breasts
1.5 kilograms chicken wings
2 kilograms leg of lamb
425 grams beetroot (canned)
1 cup bread crumbs
15 seeds cardamom seeds
1 tsp chilli flakes
1 tablespoon curry paste
2 teaspoons dried cayene pepper
2 teaspoons dried coriander
1 tablespoon dried coriander
1 teaspoon ground cinnamon
2 teaspoons ground cumin
2 tablespoons olive oil
4 tablespoons olive oil
2 tablespoons olive oil
2 tablespoons olive oil
1 tablespoon olive oil
700 grams passata
500 mls pasta sauce
4 teaspoons soy sauce
3 tablespoons sweet chilli sauce
4 tablespoons sweet chilli sauce
1 packet taco mix
425 grams tinned tomatoes (diced)
140 grams tomato paste
3 tablespoons tomato sauce
1 packet tortillas burritos
2 tablespoons vegetable oil
1 tablespoon worstershire sauce
500 grams spaghetti
3 cups white rice
1.5 cups white rice

These ingredients are to make:

Slow Cooker Roast Lamb (Monday)
Mexibake (Tuesday)
Slow Cooker Butter Chicken (Wednesday)
Cauliflower Rice (Wednesday)
Moroccan Minted Beef (Thursday)
Homemade Hamburgers and Chunky Chips (Friday)
Chicken Wraps – Easy Sweet Chilli (Saturday)
Chicken Wings with Baked Potatoes and Corn (Sunday)

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