270 mls coconut milk
165 mls red wine
75 grams butter
6 large eggs
100 grams feta cheese
750 mls milk
250 grams mozzarella cheese (grated)
200 grams mozzarella cheese (grated)
500 mls sour cream
150 grams tasty cheese (grated)
250 grams tasty cheese (grated)
200 grams tasty cheese (grated)
150 grams yoghurt
200 grams shredded ham
200 grams sun dried tomatoes
200 grams frozen peas
250 mls water
62.5 mls water
1 small broccoli
500 grams butternut pumpkin
3 large carrots
5 large carrots
4 large carrots
3 large carrots
2 large (grated) carrots
4 large corn
1/2 medium cucumber
1 bunch fresh basil
3 tablespoons fresh basil
2 cloves fresh garlic
1 large green capsicum
2 large green capsicum
1/2 large iceberg lettuce
8 large potatoes
10 large potatoes
1 large red capsicum
2 large red capsicum
1 large red capsicum
1 large red capsicum
2 large tomato
1 large tomato
2 large tomato
1 large white onion
2 large white onion
1 large white onion
1 large white onion
500 grams beef mince
2 kilograms beef topside
500 grams chicken breasts
750 grams chicken breasts
4 large chicken breasts
500 grams lamb strips
4 cups bread crumbs
3 tablespoons corn flour
2 teaspoons dried cayene pepper
1 tablespoon dried coriander
2 tablespoons olive oil
1 tablespoon olive oil
2 tablespoons olive oil
2 tablespoons olive oil
1 tablespoon olive oil
1 tablespoon olive oil
500 mls pasta sauce
200 mls pasta sauce
3 tablespoons peanut butter
2 cups plain flour
0.5 cup plain flour
3 tablespoons plain flour
1 teaspoon salt
5 teaspoons soy sauce
4 teaspoons soy sauce
4 tablespoons sweet chilli sauce
1 tablespoon sweet chilli sauce
1 packet taco mix
375 grams tomato paste (herb and garlic)
165 mls tomato sauce
1 tablespoon tomato sauce
1 packet tortillas burritos
200 mls vegetable oil
1 tablespoon worstershire sauce
2 tablespoons yeast
500 grams lasagne pasta
3 cups white rice

These ingredients are to make:

Chicken Schnitzel and Steamed Vegetables (Monday)
Slow Cooker Satay (Tuesday)
Mexibake (Wednesday)
Chicken Lasagne (Thursday)
Home Made Pizzas (Friday)
Chicken Wraps – Easy Sweet Chilli (Saturday)
Slow Cooker Roast Beef (Sunday)

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