

Week Commencing 1st August 2022

Day	Meal
Monday	Scalloped Potatoes Sautéed baby spinach Gluten free meatloaf
Tuesday	Spagheetti and Zucchini Bolognese
Wednesday	Tacos - Homemade Seasoning
Thursday	Chicken Balls Green Veggies Sweet Potato Gratin
Friday	Sausages, veg and crispy mashed potato mounds
Saturday	Chicken Wings with Baked Potatoes and Corn
Sunday	Honey roasted lamb shoulder

Shopping List Notes

Please note the following about the shopping list:

- It is based on meals for a family of 7 with older children. If you have a smaller family you may need to reduce the quantities to suit your families needs.
- Ingredients are listed separately eg you will see garlic cloves listed multiple times and this is done so if you choose not to cook a meal you can simply cross off all the ingredients you do not need.
- Where there are ingredients like Himalayan pink salt, coconut oil, macadamia oil etc listed you can use any oil or salt you like to cook with
- You can use white or brown onions it won't affect the recipe
- You can use full fat or light sour cream/cheese depending on what your preference is
- If you prefer brown rice over white rice use that!

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8 small dinner bread rolls	3 cloves fresh garlic	1/4 tsp Himalayan pink salt
1 large white onion (diced)	2 cloves fresh garlic	1.5 tsp Himalayan pink salt
75 grams butter	1 small iceberg lettuce	1 cup almond meal
600 mls cream	8 large potatoes	3 tsp arrowroot powder
1 large eggs	15 large potatoes	1/2 cup bread crumbs
2 large eggs	2 kgs potatoes	400 mls coconut cream
125 mls light sour cream	12 large potatoes	3 tablespoons dried chilli
150 mls sour cream	8 stalks spring onions	1 tsp dried cumin
200 grams tasty cheese (grated)	3 large (900 grams) sweet potato	1 tsp dried cumin
150 grams tasty cheese (grated)	1 large sweet potato	4-6 tbsp dukkah (homemade)
1/2 cup tasty cheese (grated)	2 large tomato	1 tsp garlic powder
187.5 mls water	1 large white onion	1 chicken stock cube
1/4 cup water	50 gms white onion	1.5 tablespoons ground cumin
3 tbsp water	1 large white onion	1.5 tsp macadamia oil
60 gms baby spinach	4 medium zucchini	2 tbsp macadamia oil
360 grams baby spinach	1/4 cup apple cider vinegar	2 tablespoons olive oil
280 gms broccoli	1 tsp coconut oil	4 tablespoons plain flour
4 large pieces broccoli	2 tbsps coconut oil	1/2 cup raw honey
2 heads broccoli	3 tbs coconut oil	3 tablespoons salt
1 large brown onion	1 teaspoon dried oregano	1 tsp salt
3 large carrots	500 grams beef mince	1/2 cup sweet chilli sauce
8 medium carrots	500 gms premium beef mince	12 large taco shells
5 large carrots	1 kg beef mince	1 packet taco mix if not making your own
6 large corn	500 grams chicken mince	1/4 cup tamari
1/4 cup fresh coriander	1.5 kilograms chicken wings	1 500 gm packet spaghetti
1 clove fresh garlic	2 kg lamb shoulder	400 gms tinned tomatoes
3 cloves fresh garlic	14 chicken sausages	140 gms tomato paste
2 - 3 cloves fresh garlic	1 tsp Himalayan pink salt	2 tbsp tomato paste