

## Week Commencing 1st August 2022

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

## 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