

## Week Commencing 8th August 2022

Day	Meal
Monday	<a href="#">Chicken, cashew and ginger stir fry</a>
Tuesday	<a href="#">Mexibake</a>
Wednesday	<a href="#">Sang Choy Bow</a>
Thursday	<a href="#">Sausages, veg and crispy mashed potato mounds</a>
Friday	<a href="#">Chicken Wings with Baked Potatoes and Corn</a>
Saturday	<a href="#">Sushi</a>
Sunday	<a href="#">Chicken Schnitzel and Steamed Vegetables</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
100 mls (optional) soy sauce	1/2 teaspoon fresh ginger	3 tsp arrowroot powder
75 grams butter	3 cms fresh ginger	4 cups bread crumbs
6 large eggs	1/4 bunch fresh mint	1/3 cup chicken stock
500 mls sour cream	1 large green capsicum	2 teaspoons dried cayene pepper
150 mls sour cream	1/2 medium iceberg lettuce	2 tablespoons olive oil
150 grams tasty cheese (grated)	8 large potatoes	3 tablespoons olive oil
200 grams tasty cheese (grated)	8 large potatoes	2 tablespoons oyster sauce
200 grams frozen peas	2 kgs potatoes	500 mls pasta sauce
3 cups (rice cooker measuring cups) water	1 large red capsicum	1/3 cup rice vinegar
1 medium avocado	1 medium red capsicum	1/4 teaspoon salt
4 large pieces broccoli	1 large red capsicum	1 tablespoon soy sauce
2 bunches broccolini	1 medium red chilli	1 packet taco mix
3 large carrots	125 grams snow peas	3 tbsp tamari soy sauce
2 large (grated) carrots	2 large tomato	6 sheets toasted seaweed sheets (nori)
3 medium carrots	1 large white onion	95 grams tuna in springwater
8 medium carrots	1 large white onion	200 mls vegetable oil
2 large carrots	1 cup cashews (raw)	15 grams (optional) wasabi paste
6 large corn	3 tbsp coconut oil	3 cups (rice cooker measuring cups) sushi rice
4 large corn	500 grams beef mince	3 cups white rice
1 medium cucumber	750 grams chicken breasts	
1 clove fresh garlic	1 kg chicken breasts	
	700 grams chicken mince	
	1.5 kilograms chicken wings	
	14 chickwn sausages	