

Week Commencing 8th August 2022

| Day | Meal |
|-----------|---|
| Monday | Chicken, cashew and ginger stir fry |
| Tuesday | Mexibake |
| Wednesday | Sang Choy Bow |
| Thursday | Sausages, veg and crispy mashed potato mounds |
| Friday | Chicken Wings with Baked Potatoes and Corn |
| Saturday | Sushi |
| Sunday | Chicken Schnitzel and Steamed Vegetables |

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!

Week Commencing 8th August 2022

| | | |
|---|-----------------------------|--|
| 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 | |