

Week Commencing 15th August 2022

Day	Meal
Monday	Slow Cooker Roast Lamb
Tuesday	Mexibake
Wednesday	Slow Cooker Butter Chicken Cauliflower Rice
Thursday	Moroccan Minted Beef
Friday	Homemade Hamburgers and Chunky Chips
Saturday	Chicken Wraps – Easy Sweet Chilli
Sunday	Chicken Wings with Baked Potatoes and Corn

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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400 mls coconut milk	8 large potatoes	2 tablespoons olive oil
6 large bread rolls	1 large red capsicum	4 tablespoons olive oil
8 small dinner bread rolls	1 large red capsicum	2 tablespoons olive oil
50 grams butter	93 gms red capsicum	2 tablespoons olive oil
1 large eggs	36 gms snow peas	1 tablespoon olive oil
500 mls sour cream	2 large tomato	700 grams passata
150 mls sour cream	2 large tomato	500 mls pasta sauce
150 grams tasty cheese (grated)	2 large tomato	4 teaspoons soy sauce
200 grams tasty cheese (grated)	1 large white onion	3 tablespoons sweet chilli sauce
150 grams tasty cheese (grated)	1 large white onion	4 tablespoons sweet chilli sauce
1 cup yoghurt	52 gms white onion	1 packet taco mix
150 grams yoghurt	2 tsp coconut oil	425 grams tinned tomatoes (diced)
4 large carrots	0.75 cup slivered almonds	140 grams tomato paste
5 large carrots	2 teaspoons garam masala	3 tablespoons tomato sauce
3 large carrots	500 grams beef mince	1 packet tortillas burritos
2 large (grated) carrots	500 grams beef mince	2 tablespoons vegetable oil
550 gms cauliflower	750 grams beef strips	1 tablespoon worstershire sauce
3 sticks celery	600 grams chicken breasts	3 cups white rice
6 large corn	4 large chicken breasts	1.5 cups white rice
1/2 medium cucumber	1.5 kilograms chicken wings	
3 cloves fresh garlic	2 kilograms leg of lamb	
1 clove fresh garlic	425 grams beetroot	
1 clove fresh garlic	1 cup bread crumbs	
1 teaspoon finely chopped ginger (or ½ tsp ground)	15 seeds cardamom seeds	
1 large green capsicum	1 tsp chilli flakes	
1 large iceberg lettuce	1 tablespoon curry paste	
1/2 large iceberg lettuce	2 teaspoons dried cayene pepper	
1 large lemon	2 teaspoons dried coriander	
0.5 bunch mint leaves	1 tablespoon dried coriander	
2 cups peas	1 teaspoon ground cinnamon	
8 large potatoes	2 teaspoons ground cumin	
10 large potatoes		