

## Week Commencing 22nd August 2022

Day	Meal
Monday	<a href="#">Chicken, cashew and ginger stir fry</a>
Tuesday	<a href="#">Slow Cooker Chicken Satay</a> <a href="#">Green Veggies</a>
Wednesday	<a href="#">Sausages, veg and crispy mashed potato mounds</a>
Thursday	<a href="#">Pumpkin Soup</a> <a href="#">Fried Rice</a>
Friday	<a href="#">Dukkah crusted salmon with crunchy potatoes and garlic spinach</a>
Saturday	<a href="#">Tacos - Homemade Seasoning</a>
Sunday	<a href="#">Roast Chicken and 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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270 mls coconut milk	4 large carrots	1 large whole chicken
1 large red capsicum powder	3 large carrots	1/4 tsp Himalayan pink salt
1 packet bread rolls (bake at home)	8 medium carrots	3 tsp arrowroot powder
30 grams butter	2 large carrots	1 1/2 cups bread crumbs
50 grams butter	2 cloves fresh garlic	250 mls chicken stock
75 grams butter	1 clove fresh garlic	1/3 cup chicken stock
1 large eggs	1 clove fresh garlic	2 tablespoons corn flour
8 large eggs	3 cloves fresh garlic	3 tablespoons dried chilli
150 mls light sour cream	3 cms fresh ginger	1 tablespoon dried parsley
125 mls light sour cream	1 small iceberg lettuce	1/2 cup dukkah
8 rashers bacon (shortcut rindless)	Optional to serve - baby spinach or steamed rice	1.5 tablespoons ground cumin
8 rash bacon (shortcut rindless)	8 large potatoes	1.5 tsp macadamia oil
500 grams salmon fillets	2 kgs potatoes	2 tablespoons olive oil
200 grams frozen peas	6 large potatoes	2 tablespoons olive oil
500 mls water	1 large red capsicum	1 tablespoon olive oil
187.5 mls water	1 large red capsicum	3 tablespoons olive oil
60 gms baby spinach	125 grams snow peas	3 tablespoons peanut butter
240 grams baby spinach	6 sticks spring onions	4 tablespoons plain flour
1 small broccoli	2 large tomato	3 tablespoons plain flour
280 gms broccoli	2 large white onion	3 tablespoons salt
4 large pieces broccoli	1 large white onion	5 teaspoons soy sauce
2 bunches broccolini	1 large white onion	1 teaspoon stock chicken
2 kilograms butternut pumpkin	50 gms white onion	1 tablespoon sweet chilli sauce
500 grams butternut pumpkin	1 cup cashews (raw)	12 large taco shells
4 large carrots	3 tbs coconut oil	3 tbsp tamari soy sauce
3 large carrots	3 tbsp coconut oil	1 tablespoon tomato sauce
	1 teaspoon dried oregano	1 tablespoon worstershire sauce
	500 grams beef mince	2 cups rice
	1 kg chicken breasts	
	500 grams lamb strips	
	14 chicken sausages	