

Week Commencing 12th Sept 2022

Day	Meal
Monday	Baked penne pasta Pumpkin soup
Tuesday	Slow cooker beef stroganoff
Wednesday	Slow cooker roast beef
Thursday	Chicken, cashew and ginger stir fry
Friday	Pan Fried Fish and Salad
Saturday	Sweet chilli chicken wraps
Sunday	Marinated steak and garlic mash

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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1 packet bread rolls	2 large carrots	1 cup beef stock
100 mls red wine	1/2 medium cucumber	1 small beef stock cubes
165 mls red wine	2 - 3 cloves fresh garlic	2 teaspoons brown sugar
40 grams butter	2 cloves fresh garlic	1/3 cup chicken stock
30 grams butter	3 cloves fresh garlic	1 teaspoon corn flour
300 mls cream	3 cms fresh ginger	3 tablespoons corn flour
150 mls light sour cream	1/2 large iceberg lettuce	1 tablespoon dried coriander
70 grams parmesan cheese	8 large potatoes	0.25 teaspoon ground cumin
300 mls sour cream	10 large potatoes	0.5 teaspoon minced chilli
150 grams yoghurt	2 large (cubed 1cm x 1cm) potatoes	2 teaspoons minced garlic
8 rashers bacon (shortcut rindless)	1 large red capsicum	1 tablespoon olive oil
8 rashers bacon (shortcut rindless)	1 large red capsicum	2 tablespoons olive oil
200 grams frozen peas	125 grams snow peas	2 tablespoons olive oil
125 mls water	2 large tomato	1 tablespoon olive oil
500 mls water	1 large white onion	500 mls pasta sauce
62.5 mls water	2 large white onion	4 teaspoons soy sauce
1 small broccoli	1 large white onion	1 teaspoon stock chicken powder
2 bunches broccolini	1 cup cashews (raw)	4 tablespoons sweet chilli sauce
1 large brown onion	2 tbsp coconut oil	3 tbsp tamari soy sauce
2 kilograms butternut pumpkin	3 tbsp coconut oil	2 tablespoons tomato paste
500 grams butternut pumpkin	0.5 teaspoon dried oregano	3 tbsp tomato paste
4 large carrots	4 large beef steaks	165 mls tomato sauce
5 large carrots	2 kilograms beef topside	1 packet tortillas burritos
3 large carrots	4 large chicken breasts	500 grams penne pasta
3 large (sliced thinly) carrots	1 kg chicken breasts	
	500 grams diced beef	
	2 tbsp arrowroot powder	
	3 tsp arrowroot powder	