

## Week Commencing 19th Sept 2022

Day	Meal
Monday	<a href="#">Shepherd's pie</a> <a href="#">Green veggies</a>
Tuesday	<a href="#">Zucchini and Spaghetti Bolognese</a>
Wednesday	<a href="#">Easy Roast Chicken With Stuffing</a>
Thursday	<a href="#">Fried rice</a> <a href="#">Pumpkin soup</a>
Friday	<a href="#">Dukkah crusted salmon with crunchy potatoes and garlic spinach</a>
Saturday	<a href="#">Homemade Tacos</a>
Sunday	<a href="#">Lamb chops 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!

## Week Commencing 19th Sept 2022

1 packet bread rolls	3 large carrots	1 1/2 cups bread crumbs
30 grams butter	3 large carrots	250 mls chicken stock
50 grams butter	3 large carrots	2 tablespoons corn flour
1 large eggs	2 large grated carrots	2 tablespoons corn flour
8 large eggs	1 clove fresh garlic	3 tablespoons dried chilli
1 large eggs	1 clove fresh garlic	1 tablespoon dried parsley
150 mls light sour cream	3 cloves fresh garlic	1/2 cup dukkah
125 mls light sour cream	1 clove fresh garlic	1.5 tablespoons ground cumin
8 rashers bacon (shortcut rindless)	3 tablespoons fresh parsley	1.5 tsp macadamia oil
8 rash bacon (shortcut rindless)	1 small iceberg lettuce	2 tsp macadamia oil
500 grams salmon fillets	8 large potatoes	2 tablespoons olive oil
200 grams frozen peas	6 large potatoes	2 tablespoons olive oil
200 grams frozen peas	6 large potatoes	2 tablespoons olive oil
500 mls water	1 large red capsicum	2 tablespoons olive oil
187.5 mls water	6 sticks spring onions	3 tablespoons olive oil
1/4 cup water	2 large tomato	2 tablespoons olive oil
60 gms baby spinach	2 large white onion	4 tablespoons plain flour
240 grams baby spinach	1 large white onion	3 tablespoons salt
1 small broccoli	1 large white onion	1 tsp salt
1 small broccoli	1 large white onion	1 teaspoon stock chicken powder
280 gms broccoli	50 gms white onion	12 large taco shells
2 kilograms butternut pumpkin	1 large white onion	400 gms tinned tomatoes (diced)
500 grams butternut pumpkin	4 medium zucchini	1/3 cup tomato paste
500 grams butternut pumpkin	3 tbs coconut oil	140 gms tomato paste
525 grams butternut pumpkin	1 teaspoon dried oregano	1 tablespoon worstershire sauce
4 large carrots	500 grams beef mince	2 cups rice
	750 grams beef mince	
	500 gms premium beef mince	
	16 large lamb chops	
	1 large whole chicken	
	1 1/2 cups beef stock	