

Week Commencing 19th Sept 2022

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

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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	