

Week Commencing 26th Sept 2022

Day	Meal
Monday	Mexibake
Tuesday	Slow Cooker Satay
Wednesday	Slow cooker shredded beef and rocket salad Sweet potato gratin
Thursday	Fried rice
Friday	Sausage and Salad
Saturday	Sang choy bow
Sunday	Home made hamburgers and salad

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 26th Sept 2022

270 mls coconut milk	1/4 bunch fresh mint	425 grams beetroot
6 large bread rolls	1 large green capsicum	425 grams beetroot
600 mls cream	1 large iceberg lettuce	1 cup bread crumbs
1 large eggs	1/2 medium iceberg lettuce	400 mls coconut cream
8 large eggs	10 large potatoes	425 grams corn kernels
125 cups parmesan cheese (grated)	1 large red capsicum	2 tsp cayenepapper
500 mls sour cream	1 large red capsicum	1 tsp dried cumin
200 grams tasty cheese	1 large red capsicum	1/2 cup maple syrup
150 grams tasty cheese (grated)	1 large red capsicum	3 teaspoons minced garlic
150 grams tasty cheese (grated)	1 medium red chilli	2 tablespoons olive oil
8 rashers bacon (shortcut rindless)	8 sticks spring onions	4 tablespoons olive oil
8 rash bacon (shortcut rindless)	6 sticks spring onions	2 tablespoons olive oil
360 grams baby spinach	8 stalks spring onions	1 tablespoon olive oil
4 large carrots	3 large (900 grams) sweet potato	3 tablespoons olive oil
3 large carrots	2 large tomato	3 tablespoons olive oil
4 large carrots	2 large tomato	2 tablespoons oyster sauce
3 large carrots	2 large tomato	500 mls pasta sauce
2 large (grated) carrots	1 large white onion	3 tablespoons peanut butter
3 sticks celery	1 large white onion	0.125 cup plain flour
4 sticks celery	1 large white onion	3 tablespoons plain flour
1 small cucumber	1 large white onion	5 teaspoons soy sauce
1 medium cucumber	1 tsp coconut oil	1 tablespoon soy sauce
2 cloves fresh garlic	3 tbs coconut oil	3 tbs sweet chilli sauce
1 clove fresh garlic	500 grams beef mince	1 tbs sweet chilli sauce
2 cloves fresh garlic	500 grams beef mince	1 packet taco mix
2 - 3 cloves fresh garlic	2 kg boneless beef	3 tbs tomato sauce
3 cloves fresh garlic	700 grams chicken mince	1 tbs tomato sauce
1/2 teaspoon fresh ginger	500 grams lamb strips	1 tbs worstershire sauce
	12 thin sausages	1 tbs worstershire sauce
	1 tsp Himalayan pink salt	500 grams fettuccine pasta
	1.5 tsp Himalayan pink salt	2 cups rice
	1/2 cup balsamic vinegar	500 grams spaghetti
		3 cups white rice