

Week Commencing 3rd Oct 2022

Day	Meal
Monday	Chicken schnitzel and vegetables
Tuesday	Slow cooker chicken tacos
Wednesday	Honey roasted lamb shoulder
Thursday	Chicken Wings, Baked Potatoes and Corn
Friday	Zucchini and Spaghetti Bolognese
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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8 small dinner bread rolls	3 cloves fresh garlic	3 tsp arrowroot powder
6 large eggs	1 small iceberg lettuce	4 cups bread crumbs
125 mls light sour cream	8 large potatoes	1 tsp cracked pepper
150 mls sour cream	8 large potatoes	3 tablespoons dried chilli
200 grams tasty cheese (grated)	12 large potatoes	4 tsp dried cumin
200 grams frozen peas	1 long red chilli	4-6 tbsp dukkah (homemade)
200 grams frozen peas	2 large tomato	1.5 tablespoons ground cumin
187.5 mls water	1 large white onion	2 tbsp macadamia oil
1/4 cup water	1 large white onion	2 tablespoons olive oil
3 tbsp water	4 medium zucchini	2 tablespoons olive oil
1 small broccoli	1/4 cup apple cider vinegar	1 cup passata
2 heads broccoli	2 tbsps coconut oil	4 tablespoons plain flour
500 grams butternut pumpkin	1 teaspoon dried oregano	1/2 cup raw honey
3 large carrots	1 tsp dried oregano	3 tablespoons salt
3 large carrots	500 grams beef mince	1 tsp salt
3 large carrots	500 gms premium beef mince	12 large taco shells
5 large carrots	750 grams chicken breasts	1/4 cup tamari
6 large corn	2 kg chicken breasts	400 gms tinned tomatoes (diced)
4 large corn	1.5 kilograms chicken wings	140 gms tomato paste
3 cloves fresh garlic	16 large lamb chops	200 mls oil
	2 kg lamb shoulder	