

SHOPPING LIST

This is a fairly lengthy list but many of the items for example coconut oil, will see you through many weeks of recipes. This is also a general list and you will have to adapt to how many children or family members you are catering for.

Each morning this week we will put up the recipes for the breakfast and lunch that day.

EGGS, MEATS AND DAIRY

2-3 dozen organic eggs — omelette, zucchini slice and poached eggs

Small portion organic bacon — omelette, zucchini slice and poached eggs

Chicken — roast chicken sandwich and toasted sandwich

Bolognese Sauce ingredients — pre-planned extra's used

Cheese — omelette, zucchini slice, sandwiches

Parmesan Cheese

Natural Yoghurt

BREADS AND GENERAL INGREDIENTS

Herbamare or salt — omelette, zucchini slice, poached eggs, patties

Kamut Bread or Bread of Choice — sandwiches and poached eggs

Spelt Fruit Buns

Puffed Brown Rice, Kamut Flakes, Puffed Millet, Amaranth puffs, Organic Toasted Muesli

1-2 cartons Rice Milks or milk of choice — omelette, zucchini slice, porridge and cereal

Nuts

Honey

Coconut Sugar

Organic Sultanas

Brown Rice Porridge

Tin of Tuna
Small can of Sardines
Small bag of Prawns
Tin of Baked Beans
Mayonnaise
Coconut Oil
Dried Rice Crumbs
Gluten-free Plain Flour
Hummus
Chia Seeds
Rice Crackers
Coconut Biscuits
Licorice
Fruit and Nut Bar
Mesquite Powder and Acai Powder
Gluten-free Pasta

VEGETABLES

2-4 organic zucchini's
Bag of Mushrooms (if using in omelette)
Lettuce
Spinach Leaves
Bag Carrots
Avocado
Garlic
Cucumber
Capsicum
Sweet potato
Green Peas
Onion
Tomatoes

FRUITS

Plums
Grapes
Cherries

Kiwi Fruit

Blueberries

Bananas

Blueberries

Apples

Watermelon

Mango

Nectarines

Oranges

Any additional fruit that you like