



Weekly Menu For Week of 2020-06-28

1 message

Fri, Jun 26, 2020 at 10:47 AM

To: x@gmail.com

Hey good lookin',
Here is a healthy menu for next week:

	mail_menu
12	lemon pasta, from kafka
6	veggie tempura, from plenty - p 29
4	potato salad, from plenty - p 20
36	zucchini soup, from vegetables unleashed p.181
34	cauliflower mash, from 4-hour chef
10	stuffed onions, from plenty - p 39
13	mushroom parcel, from plenty - p 60
24	spinach empanadillas, from vegetables unleashed - p 107

- The Machinery

	recipe_id	ingredient	measurement_qty	measurement_id
0	4	mint	1	bunch
1	4361013	garlic	2124	clove
2	4	Parmesan	0.5	cup
3	13	baby button mushroom	3.5	cup
4	4	basil	1	cup
5	6	cilantro	2.75	cup
6	6	cornstarch	0.5	cup
7	24	dill	0.33	cup
8	24	flat parsley	0.33	cup
9	12	heavy cream	1	cup
10	34	nuts	0.5	cup
11	4	olive oil	1	cup
12	410	parsley	0.51.33	cup
13	4	peas	1	cup
14	4	pine nuts	0.33	cup
15	6	self-rising flour	0.5	cup
16	6	sparkling water	0.75	cup
17	6	sunflower oil	3	cup
18	10	vegetable stock	2.25	cup
19	36	water	1	cup
20	10	white wine	1.5	cup

	recipe_id	ingredient	measurement_qty	measurement_id
21	13	wild mushrooms	3.5	cup
22	24	vegetable oil		for frying
23	24	spinach	1	lb
24	6	vegetables	2.75	lb
25	4	waxy potatoes	1.75	lb
26	36	zucchini	2	lb
27	10	tomatoes	3	measurement
28	34	cocunut milk	6	oz
29	1024	feta	3.255	oz
30	12	wide egg noodles	12	oz
31	24	wonton wrappers	1	package
32	10	butter	1	pad
33	13	anise-flavored liquor	2	tbsp
34	13	chervil	8	tbsp
35	13	heavy cream	8	tbsp
36	36101324	olive oil	2342	tbsp
37	6	sugar	1	tbsp
38	6	sunflower oil	4	tbsp
39	13	tarragon	4	tbsp
40	6	water	2	tbsp
41	1241013	black pepper		to taste
42	6	chile flakes		to taste
43	34	curry powder		to taste
44	124363413	salt		to taste
45	6	grapeseed oil	2	tsp
46	24	pepper	0.25	tsp
47	661024	salt	0.50.250.750.5	tsp
48	4	white wine vinegar	0.5	tsp
49	13	baby potatoes	5	whole
50	10	breadcrumbs	2.66	whole
51	6	cardamom pods	6	whole
52	34	cauliflower	1	whole
53	24	egg yolk	1	whole
54	6	green chiles	1	whole
55	1024	green onion	35	whole
56	36	laughing cow cheese	4	whole
57	24	leeks	1	whole
58	12	lemon	2	whole
59	6	lime	4	whole
60	3610	onion	14	whole
61	4	quail eggs	15	whole