

270 mls coconut milk
50 grams butter
400 mls cream
4 large eggs
6 large eggs
1 large eggs
2 large eggs
75 grams feta cheese
125 mls light sour
cream
0.75 cup milk
3/4 cup natural low fat
yogurt
8 rashers bacon
(shortcut rindless)
250 grams sun dried
tomatoes
2 cups frozen peas
5 sheets short crust
pastry
187.5 mls water
2 large banana
1 small broccoli
3 large carrots
4 large carrots
3 large carrots
5 large carrots
4 large carrots
4 large corn
3 cloves fresh garlic
2 cloves fresh garlic
1 small iceberg lettuce
2 large lemon
2 cups peas
8 large potatoes
8 large potatoes
1 large red capsicum
1 large red capsicum
10 spring onions
6 spring onions
2 large tomato
1 large white onion
2 large white onion

1 teaspoon dried
oregano
500 grams beef mince
500 grams lamb strips
2 kilograms leg of lamb
12 thin sausages
0.25 teaspoon
bicarbonate of soda
1/2 teaspoon
bicarbonate of soda
1/32 cup brown sugar
1/4 cup canola oil
0.25 cup caster sugar
3 tablespoons dried
chilli
2 teaspoons ground
cinnamon
1.5 tablespoons ground
cumin
4 tablespoons maple
syrup
1 tin oil olive spray
2 tablespoons olive oil
2 tablespoons olive oil
2 tablespoons olive oil
1 tablespoon olive oil
3 tablespoons peanut
butter
4 tablespoons plain
flour
3 tablespoons plain
flour
1 cup rolled oats
3 tablespoons salt
1 cup self raising flour
5 teaspoons soy sauce
1 tablespoon sweet
chilli sauce
12 large taco shells
1 tablespoon tomato
sauce
810 grams tomato soup
1/4 cup white sugar

1 teaspoon white
vinegar
2 cups wholemeal flour
1 tablespoon
worstershire sauce
3 cups white rice

These ingredients are
to make:

Tacos - Homemade
Seasoning (Monday)
Slow Cooker Roast
Lamb (Tuesday)
Banana and Oat
Muffins (Tuesday)
Fried Rice
(Wednesday)
Slow Cooker Satay
(Friday)
Sausages and
Steamed Vegetables
(Saturday)
Pikelets (Sunday)

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