

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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