

1 packet bread rolls
 (bake at home)
 30 grams butter
 50 grams butter
 60 grams butter
 250 grams butter
 4 tablespoons butter
 1/2 cup cream
 1 large eggs
 3 large eggs
 4 large eggs
 100 grams feta cheese
 150 mls light sour cream
 125 mls light sour cream
 312.5 mls milk
 250 grams mozzarella
 cheese (grated)
 3/4 cup parmesan
 cheese (grated)
 100 grams tasty cheese
 250 grams tasty cheese
 (grated)
 8 rashers bacon (shortcut
 rindless)
 8 rashes bacon (shortcut
 rindless)
 4 large fresh fish fillets
 200 grams shredded ham
 200 grams sun dried
 tomatoes
 200 grams frozen peas
 250 mls water
 500 mls water
 187.5 mls water
 1 small broccoli
 2 kilograms butternut
 pumpkin
 500 grams butternut
 pumpkin
 4 large carrots
 3 large carrots
 3 large carrots
 4 sticks celery
 0.5 large cucumber
 1 bunch fresh basil
 3 tablespoons fresh basil
 1 clove fresh garlic

0.5 small iceberg lettuce
 1 small iceberg lettuce
 8 large potatoes
 1 large red capsicum
 1 large tomato
 2 large tomato
 2 large tomato
 1 large white onion
 2 large white onion
 1 large white onion
 1 large white onion
 1 teaspoon dried oregano
 500 grams beef mince
 1 large whole chicken
 1.5 teaspoons baking
 powder
 425 grams beetroot
 (canned)
 1 1/2 cups bread crumbs
 1.75 cups caster sugar
 250 mls chicken stock
 2 1/2 cups chicken stock
 2 tablespoons corn flour
 3 tablespoons dried chilli
 1 tablespoon dried
 parsley
 1.5 tablespoons ground
 cumin
 1 tablespoon olive oil
 2 tablespoons olive oil
 2 tablespoons olive oil
 200 mls pasta sauce
 2 cups plain flour
 4 tablespoons plain flour
 2.5 cups plain flour
 4 tablespoons plain flour
 1 teaspoon salt
 3 tablespoons salt
 1 teaspoon stock chicken
 powder
 12 large taco shells
 0.5 cup tartare sauce
 1 teaspoon vanilla
 essence
 2 tablespoons yeast
 1 cup arborio rice

These ingredients are to make:

Tacos - Homemade
 Seasoning (Monday)
 Roast Chicken and
 Vegetables (Tuesday)
 Butter Cake (Tuesday)
 Pumpkin Soup
 (Wednesday)
 Slow Cooker Risotto
 (Friday)
 Pan Fried Fish with Salad
 (Saturday)
 Home Made Pizzas
 (Sunday)

This app was made
 for <http://planningwithkids.com>
 by <http://ventiv.com.au>