

270 mls coconut milk	6 spring onions	3 cups white rice
500 grams butter	2 large tomato	
400 mls cream	2 large white onion	
4 large eggs	4 large chicken breasts	These ingredients are to
6 large eggs	500 grams lamb strips	make:
75 grams feta cheese	2 kilograms leg of lamb	
150 grams yoghurt	12 thin sausages	Chicken Wraps – Easy
8 rashers bacon (shortcut	1 cup caster sugar	Sweet Chilli (Monday)
rindless)	1 tin condensed milk	100s Of Biscuits
250 grams sun dried	1 tablespoon dried	(Tuesday)
tomatoes	coriander	Slow Cooker Roast Lamb
2 cups frozen peas	1 tin oil olive spray	(Tuesday)
5 sheets short crust	2 tablespoons olive oil	Fried Rice (Wednesday)
pastry	2 tablespoons olive oil	Slow Cooker Satay
1 small broccoli	1 tablespoon olive oil	(Friday)
3 large carrots	1 tablespoon olive oil	Sausages and Steamed
4 large carrots	3 tablespoons peanut	Vegetables (Saturday)
5 large carrots	butter	
4 large carrots	3 tablespoons plain flour	
3 large carrots	5 cups self raising flour	This app was made
4 large corn	5 teaspoons soy sauce	for http://planningwithkids
1/2 medium cucumber	4 teaspoons soy sauce	.com by http://ventiv.com
3 cloves fresh garlic	1 tablespoon sweet chilli	au
2 cloves fresh garlic	sauce	
1/2 large iceberg lettuce	4 tablespoons sweet chilli	
2 cups peas	sauce	
8 large potatoes	1 tablespoon tomato	
8 large potatoes	sauce	
1 large red capsicum	810 grams tomato soup	
1 large red capsicum	1 packet tortillas burritos	
1 large red capsicum	1 tablespoon	
10 spring onions	worstershire sauce	