

50 grams butter	oregano	500 mls vegetable stock
1 large eggs	1/2 cup linseed	2 teaspoons worstershire
100 grams parmesan cheese	1/3 cup pepitas	sauce
25 grams parmesan cheese	1/4 cup (uncooked) quinoa	3 cups (cooked) pasta elbows
200 grams tasty cheese	500 grams beef mince	
250 grams shredded ham	500 grams chicken breasts	
175 mls tzaztiki	500 grams lamb strips	These ingredients are to
200 grams frozen peas	1 large whole chicken	make:
500 grams fresh agnolotti	2 tablespoons barbecue sauce	
pasta	0.5 teaspoon black cracked	Souvlaki (Monday)
0.25 cup water	pepper	Roast Chicken and
3/4 cup water	1 1/2 cups bread crumbs	Vegetables (Tuesday)
100 grams baby spinach	0.06 teaspoon brown sugar	Quinoa Snack Balls (Tuesday)
1 small broccoli	250 mls chicken stock	Slow Cooker Spaghetti
1 large brown onion	2 tablespoons corn flour	Bolognese (Wednesday)
1 large brown onion	10 grams cracked pepper	Pasta With Chicken And
500 grams butternut pumpkin	1/2 cup dark chocolate chips	Spinach (Thursday)
4 large carrots	1/4 cup desiccated coconut	Vegetable Soup (Friday)
3 large carrots	1 tablespoon dried parsley	Rice Paper Rolls - Kid Friendly
4 large carrots	2 teaspoons honey	(Sunday)
200 grams carrots	100 mls honey	
1 large cucumber	2 tablespoons olive oil	
100 grams eggplant	2 tablespoons olive oil	This app was made
3 cloves fresh garlic	1 tablespoon olive oil	for http://planningwithkids.com
1 clove fresh garlic	690 mls pasta sauce	by http://ventiv.com.au
2 cloves fresh garlic	24 small rice paper wrappers	
1 large iceberg lettuce	1 cup rolled oats	
0.75 large iceberg lettuce	1 teaspoon salt	
2 tablespoons lemon juice	0.5 teaspoon sea salt	
8 large potatoes	2 teaspoons soy sauce	
100 grams potatoes	400 grams tinned tomatoes	
1 large red capsicum	(diced)	
2 large red capsicum	400 grams tinned tomatoes	
2 large tomato	(whole)	
1 large white onion	4 tablespoons tomato paste	
1 medium white onion	4 tablespoons tomato sauce	
200 grams zucchini	1 packet tortillas burritos	
1.25 tablespoons dried	1 teaspoon vanilla essence	