

270 mls coconut milk	1/2 large jalapeño chillies	5 teaspoons soy sauce
1 packet bread rolls (bake at home)	1 large lime	8 tablespoons soy sauce
165 mls red wine	10 large potatoes	1 teaspoon stock chicken powder
30 grams butter	1 large red capsicum	1 tablespoon sweet chilli sauce
15 grams butter	1 large red capsicum	165 mls tomato sauce
600 mls cream	1 large red chilli	1 tablespoon tomato sauce
150 mls light sour cream	1 large spanish onion	8 large tortillas burritos
1 cup milk	8 sticks spring onions	6 tablespoons vegetable oil
125 cups parmesan cheese (grated)	2 large tomato	1 tablespoon worstershire sauce
200 grams tasty cheese	3 medium tomato	500 grams fettuccine pasta
150 grams tasty cheese (grated)	2 large white onion	
8 rashers bacon (shortcut rindless)	1 large white onion	These ingredients are to make:
8 rashers bacon (shortcut rindless)	2 kilograms beef topside	
500 mls water	500 grams chicken breasts	
62.5 mls water	500 grams lamb strips	Marinated Chicken Sticks and Salad (Monday)
1 small broccoli	425 grams beetroot (canned)	Slow Cooker Roast Beef (Tuesday)
2 kilograms butternut pumpkin	150 grams choc melts	Chocolate Scones (Tuesday)
500 grams butternut pumpkin	1/2 cup cocoa	Slow Cooker Satay (Wednesday)
3 large carrots	3 tablespoons corn flour	Pasta Carbonara (Thursday)
5 large carrots	410 grams corn kernels	Pumpkin Soup (Friday)
4 large carrots	1 cup fresh tomato salsa (homemade)	Quesadilla with Fresh Tomato Salsa (Sunday)
4 sticks celery	8 tablespoons honey	This app was made for http://planningwithkids.com by http://ventiv.com.au
1 large cucumber	1/4 cup icing sugar	
1/2 bunch fresh coriander	3 teaspoons minced garlic	
2 cloves fresh garlic	2 tablespoons olive oil	
2 cloves fresh garlic	2 tablespoons olive oil	
1 large iceberg lettuce	1 tablespoon olive oil	
	1 tablespoon olive oil	
	3 tablespoons peanut butter	
	0.125 cup plain flour	
	3 tablespoons plain flour	
	1 1/2 cups self raising flour	