

8 slices sliced bread	1 large red capsicum	1 packet tortillas burritos
4 tablespoons butter	1 large red capsicum	1 teaspoon vanilla
4 tablespoons butter	1 large red capsicum	essence
113 grams butter	1/2 bunch spring onions	1/2 cup vegetable oil
1/2 cup cream	2 large tomato	2 1/2 cups wholemeal
12 large eggs	4 large tomato	plain flour
4 large eggs	2 large tomato	1 cup arborio rice
2 large eggs	1 large white onion	1 cup wholemeal pasta
1/3 cup milk	650 grams zucchini	
3/4 cup parmesan	1 large (3 cups grated)	These ingredients are to
cheese (grated)	zucchini	make:
1/2 cup sour cream	4 large chicken breasts	
200 grams tasty cheese	12 thin sausages	Chicken Wraps – Easy
1 cup tasty cheese	1/2 teaspoon baking	Sweet Chilli (Monday)
(grated)	powder	Chocolate Zucchini Cake
150 grams yoghurt	425 grams beetroot	(Monday)
8 rashers bacon (shortcut	(canned)	Sausages and Salad
rindless)	1 teaspoon bicarbonate	(Tuesday)
125 grams ham	of soda	Zucchini and Pasta Slice
3 large carrots	1/3 cup canola oil	(Thursday)
2 large carrots	1 3/4 cup caster sugar	Scrambled Eggs with
3 large carrots	2 1/2 cups chicken stock	Tomatoes (Friday)
4 sticks celery	3/4 cup cocoa	Slow Cooker Risotto
1 small cucumber	425 grams corn kernels	(Saturday)
1 medium cucumber	1 tablespoon dried	
1/2 medium cucumber	coriander	This app was made
3 tablespoons fresh	1 tablespoon olive oil	for http://planningwithkids
chives	1/2 teaspoon salt	.com by http://ventiv.com
1 clove fresh garlic	3/4 cup self raising flour	.au
1/2 large iceberg lettuce	4 teaspoons soy sauce	
1 large red capsicum	4 tablespoons sweet chilli	
	sauce	