

6 large bread rolls	1 teaspoon dried oregano	2 tablespoons soy sauce
1 large eggs	1/2 cup linseed	3 tablespoons sweet chilli sauce
125 mls light sour cream	1/3 cup pepitas	3 tablespoons sweet chilli sauce
150 grams natural yogurt	1/4 cup (uncooked) quinoa	12 large taco shells
100 grams parmesan cheese	1 teaspoon tumeric	425 grams tinned tomatoes (crushed)
150 grams tasty cheese (grated)	500 grams beef mince	3 tablespoons tomato sauce
1 kilogram fresh Singapore noodles	500 grams beef mince	1 teaspoon vanilla essence
500 grams fresh agnolotti pasta	500 grams chicken breasts	1 tablespoon worstershire sauce
187.5 mls water	500 grams chicken breasts	500 grams spaghetti
4 tablespoons water	1 kg chicken breasts	2 cups white rice
3/4 cup water	425 grams beetroot (canned)	
100 grams baby spinach	1 cup bread crumbs	These ingredients are to make:
150 grams baby spinach	1 tablespoon brown sugar	
1 large bok choy	250 mls chicken stock	Tacos - Homemade Seasoning (Monday)
600 grams butternut pumpkin	1 cup chicken stock	Quinoa Snack Balls (Monday)
3 large carrots	400 mls coconut milk light	Homemade Hamburgers and Chunky Chips (Tuesday)
4 large carrots	2 tablespoons corn flour	Pumpkin and spinach curry (Wednesday)
3 large carrots	1 tablespoon corn flour	Pasta With Chicken And Spinach (Thursday)
3 sticks celery	8 medium curry leaves	Chicken Stir Fry With Seasonal Vegetables (Friday)
3 cloves fresh garlic	1/2 cup dark chocolate chips	Slow Cooker Lemon Chicken (Saturday)
1/4 bunch fresh mint	1/4 cup desiccated coconut	
3 medium green chillies	3 tablespoons dried chilli	
1 large iceberg lettuce	1.5 tablespoons ground cumin	
1 small iceberg lettuce	3 tablespoons honey	
1 large lemon	100 mls honey	
1 medium lime	1 teaspoon minced chilli	
10 large potatoes	1 teaspoon minced garlic	
1 large red capsicum	2 tablespoons olive oil	
20 large snow peas	2 tablespoons olive oil	
1 bunch spring onions	4 tablespoons olive oil	
2 large tomato	2 tablespoons olive oil	
2 large tomato	2 tablespoons olive oil	
1 large white onion	1 tablespoon olive oil	
1 large white onion	690 mls pasta sauce	
2 large white onion	4 tablespoons plain flour	
	4 tablespoons plain flour	
	1 cup rolled oats	
	3 tablespoons salt	

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