

75 grams butter
 1 tablespoon milk
 2 cups mozzarella cheese
 (grated)
 200 grams tasty cheese
 200 grams tasty cheese
 2 cups tasty cheese
 250 grams shredded ham
 175 mls tzaziki
 0.25 cup water
 1/4 cup water
 1 large brown onion
 1 large brown onion
 3 large carrots
 3 large carrots
 4 large carrots
 2 large carrots
 4 sticks celery
 1 large cucumber
 1 large cucumber
 3 cloves fresh garlic
 1 clove fresh garlic
 2 cloves fresh garlic
 1 large green capsicum
 1 large iceberg lettuce
 1 large iceberg lettuce
 0.75 large iceberg lettuce
 2 tablespoons lemon juice
 1 large red capsicum
 1 large red capsicum
 2 large red capsicum
 1 large red capsicum
 2 large tomato
 2 large tomato
 1 large white onion
 1.25 tablespoons dried
 oregano
 500 grams beef mince

500 grams beef mince
 500 grams chicken breasts
 500 grams lamb strips
 2 tablespoons barbecue sauce
 425 grams beetroot (canned)
 0.5 teaspoon black cracked
 pepper
 0.06 teaspoon brown sugar
 1/2 cup brown sugar
 1 tablespoon cocoa
 1 tablespoon cocoa
 410 grams corn kernels
 1/2 cup desiccated coconut
 1/4 cup desiccated coconut
 2 teaspoons honey
 8 tablespoons honey
 3/4 cup icing sugar
 1 tablespoon olive oil
 2 tablespoons olive oil
 500 mls pasta sauce
 24 small rice paper wrappers
 1 teaspoon salt
 0.5 teaspoon sea salt
 2 teaspoons soy sauce
 8 tablespoons soy sauce
 1 packet taco mix
 400 grams tinned tomatoes
 (diced)
 410 grams tinned tomatoes
 (diced)
 4 tablespoons tomato paste
 4 tablespoons tomato sauce
 1 packet tortillas burritos
 5 large tortillas burritos
 6 tablespoons vegetable oil
 4 standard weet-bix
 1 cup wholemeal plain flour
 2 teaspoons worstershire

sauce

These ingredients are to make:

Souvlaki (Monday)
 Chocolate Weetbix Slice
 Recipe (Monday)
 Marinated Chicken Sticks and
 Salad (Tuesday)
 Slow Cooker Spaghetti
 Bolognese (Thursday)
 Rice Paper Rolls - Kid Friendly
 (Friday)
 Slow Cooker
 Enchilada (Saturday)

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 by <http://ventiv.com.au>