

12 small bread rolls (bake at home)	1 large red capsicum	0.5 teaspoon sea salt
8 slices sliced bread	1 large red capsicum	2 tablespoons soy sauce
300 mls cream	20 large snow peas	3 tablespoons sweet chilli sauce
150 grams natural yogurt	6 sticks spring onions	4 tablespoons sweet chilli sauce
70 grams parmesan cheese (grated)	3 large tomato	425 grams tinned tomatoes (crushed)
150 grams tasty cheese	2 large tomato	4 tablespoons tomato sauce
200 grams tasty cheese	2 large white onion	5 tablespoons tomato sauce
8 rashers bacon (shortcut rindless)	1/4 cup chia seeds	1 packet tortillas burritos
12 small cocktail frankfurts	1.25 tablespoons dried oregano	100 grams pasta soup
175 mls tzaziki	1 teaspoon tumeric	500 grams penne pasta
4 large vegieburgers	500 grams chicken breasts	2 cups white rice
1 kilogram fresh Singapore noodles	2 large chicken breasts	
150 grams baby spinach	6 large lamb chops	
1 large bok choy	500 grams lamb strips	
1 large brown onion	6 thin sausages	
1 large brown onion	1 packet Marie biscuits	
600 grams butternut pumpkin	425 grams beetroot (canned)	
3 large carrots	0.5 teaspoon black cracked pepper	
2 large carrots	250 mls chicken stock	
3 large carrots	5 cups chicken stock	
4 large carrots	400 mls coconut milk light	
4 sticks celery	1 tin condensed milk	
1 large cucumber	2 tablespoons corn flour	
1 large cucumber	8 medium curry leaves	
3 cloves fresh garlic	1 1/2 cups desiccated coconut	
1/4 bunch fresh mint	3 tablespoons honey	
1.5 tablespoons fresh parsley	3 tablespoons mild mustard	
3 medium green chillies	1 teaspoon minced chilli	
1 large iceberg lettuce	1 teaspoon minced garlic	
1 large iceberg lettuce	2 teaspoons minced garlic	
2 tablespoons lemon juice	2 tablespoons olive oil	
2 tablespoons lemon juice	2 tablespoons olive oil	
2 teaspoons lemon rind	4 tablespoons olive oil	
1 medium lime	2 tablespoons olive oil	
	500 mls pasta sauce	

These ingredients are to make:

Souvlaki (Monday)

No Bake Lemon and Coconut Balls (Monday)

BBQ (Tuesday)

Pumpkin and spinach curry (Wednesday)

Baked Penne With Bacon (Thursday)

Chicken Stir Fry With Seasonal Vegetables (Friday)
Slow Cooker Chicken Noodle Soup (Saturday)

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