

100 mls red wine  
40 grams butter  
200 grams tasty cheese  
8 rashers bacon (shortcut  
rindless)  
100 grams tzatziki  
200 grams frozen peas  
125 mls water  
2 small brown onion  
4 large carrots  
3 large carrots  
4 large carrots  
4 sticks celery  
1 large cucumber  
1 medium cucumber  
3/4 cup fresh coriander  
3/4 cup fresh flat leaf  
parsley  
2 - 3 cloves fresh garlic  
2 cloves fresh garlic  
4 cloves fresh garlic  
1.5 tablespoons fresh  
parsley  
1 large iceberg lettuce  
1/4 large iceberg lettuce  
8 large potatoes  
1 large red capsicum  
3 cups rocket lettuce  
6 sticks spring onions  
2 large tomato  
4 large tomato

1 large white onion  
2 medium white onion  
0.5 teaspoon dried  
oregano  
4 large beef steaks  
500 grams chicken  
breasts  
2 large chicken breasts  
1 tsp baking powder  
1 small beef stock cubes  
425 grams beetroot  
(canned)  
2 teaspoons brown sugar  
cup dried 3/4 chick peas  
5 cups chicken stock  
1 teaspoon corn flour  
410 grams corn kernels  
0.25 teaspoon ground  
cumin  
1 tsp ground cumin  
8 tablespoons honey  
1 teaspoon minced chilli  
0.5 teaspoon minced  
chilli  
1 teaspoon minced garlic  
10 grams oil olive spray  
1 tablespoon olive oil  
1 tablespoon olive oil  
3 tbsp red wine vinegar  
8 tablespoons soy sauce  
810 grams tinned  
tomatoes (whole)

2 tablespoons tomato  
paste  
6 tablespoons vegetable  
oil  
100 grams pasta soup  
500 grams spaghetti

These ingredients are to  
make:

Marinated Steak and  
Garlic Mashed Potatoes  
(Tuesday)

Marinated Chicken Sticks  
and Salad (Wednesday)

Slow Cooker Chicken  
Noodle Soup (Friday)

Pasta Amatriciana  
(Saturday)

Baked Falafel (Sunday)

This app was made  
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.com by [http://ventiv.com.](http://ventiv.com.au)  
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