

75 grams butter	3 medium tomato	3 cups plus 2tbs self raising
4 large eggs	1 large tomato	flour
125 mls light sour cream	2 large white onion	12 large taco shells
750 mls milk	1 large white onion	3 tablespoons tomato paste
200 grams mozzarella	2 large white onion	375 grams tomato paste
cheese (grated)	1 teaspoon dried oregano	(herb and garlic)
300 mls sour cream	500 grams beef mince	810 grams tomato soup
200 grams tasty cheese	500 grams chicken breasts	8 large tortillas burritos
(grated)	500 grams diced beef	0.5 teaspoon vanilla
150 grams tasty cheese	2 kilograms leg of lamb	essence
(grated)	250 mls beef stock	250 mls vegetable oil
250 grams tasty cheese	1 teaspoon bicarbonate of	1 3/4 teaspoons yeast
(grated)	soda	500 grams lasagne pasta
300 grams bacon (shortcut	1.5 cups caster sugar	
rindless)	3 tablespoons dried chilli	These ingredients are to
187.5 mls water	1 cup fresh tomato salsa	make:
200 mls water	(homemade)	
5 medium banana	1.5 tablespoons ground	Tacos - Homemade
3 large carrots	cumin	Seasoning (Monday)
3 large carrots	1.5 teaspoons minced	Banana Cake (Tuesday)
5 large carrots	garlic	Slow Cooker Roast Lamb
1/4 bunch fresh basil	2 tablespoons olive oil	(Tuesday)
1/2 bunch fresh coriander	2 tablespoons olive oil	Calzone (Tuesday)
2 large green capsicum	2 tablespoons olive oil	Slow Cooker Beef
1 small iceberg lettuce	2 tablespoons olive oil	Stroganoff (Thursday)
1/2 large jalapeño chillies	1 tablespoon olive oil	Chicken Lasagne (Friday)
1 large lime	1 tablespoon olive oil	Quesadilla with Fresh
2 cups peas	200 mls pasta sauce	Tomato Salsa (Sunday)
3 large potatoes	0.125 cup plain flour	
8 large potatoes	0.5 cup plain flour	This app was made
2 large red capsicum	4 tablespoons plain flour	for http://planningwithkids.c
1 large red chilli	2 1/2 cups plain flour	om by http://ventiv.com.au
1 large spanish onion	3 tablespoons salt	
2 large tomato	1 teaspoon salt	