

400 mls coconut milk  
 1 packets english muffins  
 8 slices sliced bread  
 4 tablespoons butter  
 50 grams butter  
 450 mls cream  
 12 large eggs  
 100 grams mozzarella  
 cheese (grated)  
 50 grams parmesan  
 cheese  
 100 grams tasty cheese  
 (grated)  
 1 cup yoghurt  
 150 grams yoghurt  
 200 grams roast chicken  
 2 cups frozen peas  
 3/4 cup water  
 50 grams baby spinach  
 1 small broccoli  
 1 kg butternut pumpkin  
 4 large carrots  
 3 large carrots  
 4 large corn  
 1/2 medium cucumber  
 3 tablespoons fresh chives  
 3 cloves fresh garlic  
 1 teaspoon finely chopped  
 ginger (or ½ tsp ground)  
 fresh ginger  
 1/4 cup fresh mint  
 1/2 large iceberg lettuce  
 100 grams pine nuts  
 8 large potatoes

1 large red capsicum  
 1 large red onion  
 3 cups rocket lettuce  
 3 large roma tomatoes  
 4 large tomato  
 2 large tomato  
 1 large white onion  
 1/2 cup linseed  
 1/3 cup pepitas  
 1/4 cup (uncooked) quinoa  
 2 teaspoons garam masala  
 4 large beef steaks  
 600 grams chicken breasts  
 4 large chicken breasts  
 500 grams chicken breasts  
 12 thin sausages  
 15 seeds cardamom seeds  
 1 tablespoon curry paste  
 1/2 cup dark chocolate  
 chips  
 1/4 cup desiccated coconut  
 2 teaspoons dried coriander  
 1 tablespoon dried  
 coriander  
 1 teaspoon ground  
 cinnamon  
 100 mls honey  
 1 tin oil olive spray  
 10 grams oil olive spray  
 1 tablespoon olive oil  
 1 tablespoon olive oil  
 2 tbsp red wine vinegar  
 1 cup rolled oats  
 4 teaspoons soy sauce

4 tablespoons sweet chilli  
 sauce  
 140 grams tomato paste  
 140 grams tomato paste  
 1 packet tortillas burritos  
 1 teaspoon vanilla essence  
 2 tablespoons vegetable oil  
 750 grams penne pasta

These ingredients are to make:

Chicken Wraps – Easy  
 Sweet Chilli (Monday)  
 Sausages and Steamed  
 Vegetables (Tuesday)  
 English Muffin Pizzas  
 (Tuesday)  
 Quinoa Snack Balls  
 (Tuesday)  
 Simple Roasted Tomato  
 Salad and Steak  
 (Wednesday)  
 Slow Cooker Butter  
 Chicken (Thursday)  
 Chicken and Pumpkin  
 Pasta Bake (Friday)  
 Scrambled Eggs with  
 Tomatoes (Sunday)

This app was made  
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