

1 packet bread rolls (bake at home)	2 - 3 cloves fresh garlic	2 tablespoons olive oil
8 small dinner bread rolls	1 small iceberg lettuce	3 tablespoons olive oil
100 mls red wine	1 small lemon	4 tablespoons plain flour
40 grams butter	2 teaspoons lemon juice	3 tablespoons salt
30 grams butter	8 large potatoes	1 teaspoon stock chicken powder
12 large eggs	8 large potatoes	12 large taco shells
8 large eggs	8 large potatoes	2 tablespoons tomato paste
2 large eggs	1 large red capsicum	1 teaspoon vanilla extract
150 mls light sour cream	6 sticks spring onions	2 cups wholemeal self raising flour
125 mls light sour cream	2 large tomato	2 cups rice
100 mls milk	1 large white onion	
3/4 cup milk	2 large white onion	
150 mls sour cream	1 large white onion	These ingredients are to make:
200 grams tasty cheese (grated)	1/4 cup chia seeds	
100 grams tasty cheese (grated)	0.5 teaspoon dried oregano	Tacos - Homemade Seasoning (Monday)
8 rashers bacon (shortcut rindless)	1 teaspoon dried oregano	Marinated Steak and Garlic Mashed Potatoes (Tuesday)
12 rashers bacon (shortcut rindless)	1/2 cup sweetened dried cranberries	Egg and Bacon Tarts (Tuesday)
8 rash bacon (shortcut rindless)	500 grams beef mince	Lemon and Chia Muffins (Tuesday)
200 grams frozen peas	4 large beef steaks	Fried Rice (Wednesday)
2 cups frozen peas	1.5 kilograms chicken wings	Pumpkin Soup (Thursday)
5 sheets puff pastry	12 thin sausages	Sausages and Steamed Vegetables (Saturday)
125 mls water	1 small beef stock cubes	Chicken Wings with Baked Potatoes and Corn (Sunday)
500 mls water	2 teaspoons brown sugar	
187.5 mls water	3/4 cup brown sugar	
1 small broccoli	1/2 cup canola oil	
1 large brown onion	1 teaspoon corn flour	
2 kilograms butternut pumpkin	3 tablespoons dried chilli	
4 large carrots	0.25 teaspoon ground cumin	This app was made for
4 large carrots	1.5 tablespoons ground cumin	http://planningwithkids.com by
3 large carrots	0.5 teaspoon minced chilli	http://ventiv.com.au
3 large carrots	1 tin oil olive spray	
6 large corn	1 tablespoon olive oil	
4 large corn	2 tablespoons olive oil	