

1 packet bread rolls (bake at home)
 8 slices sliced bread
 100 mls red wine
 40 grams butter
 30 grams butter
 4 tablespoons butter
 6 large eggs
 12 large eggs
 150 mls light sour cream
 2 cups natural yogurt
 200 grams tasty cheese
 8 rashers bacon (shortcut rindless)
 175 mls tzatziki
 200 grams frozen peas
 200 grams frozen peas
 125 mls water
 500 mls water
 0.25 cup water
 2 tablespoons water
 1 large brown onion
 1 large brown onion
 2 kilograms butternut pumpkin
 4 large carrots
 3 large carrots
 3 large carrots
 3 large carrots
 4 large corn
 1 large cucumber
 3 tablespoons fresh chives
 2 - 3 cloves fresh garlic
 3 cloves fresh garlic
 1 clove fresh garlic
 2 cloves fresh garlic
 1 large iceberg lettuce
 2 tablespoons lemon juice
 8 large potatoes

8 large potatoes
 1 large red capsicum
 1 bunch spring onions
 2 large tomato
 4 large tomato
 1 large white onion
 2 large white onion
 0.5 teaspoon dried oregano
 1.25 tablespoons dried oregano
 500 grams beef mince
 4 large beef steaks
 500 grams beef strips
 750 grams chicken breasts
 4 large chicken breasts
 500 grams lamb strips
 1 packet Marie biscuits
 1 small beef stock cubes
 0.5 teaspoon black cracked pepper
 4 cups bread crumbs
 4 cups bread crumbs
 2 teaspoons brown sugar
 0.06 teaspoon brown sugar
 2 tablespoons cocoa
 1 tin condensed milk
 1 teaspoon corn flour
 2 cups desiccated coconut
 3 packets fried noodles (Changs)
 0.25 teaspoon ground cumin
 0.5 teaspoon minced chilli
 1 tablespoon olive oil
 1 tablespoon olive oil
 2 tablespoons olive oil
 1 teaspoon salt
 0.5 teaspoon sea salt
 2 tablespoons soy sauce

1 teaspoon stock chicken powder
 2 tablespoons sweet chilli sauce
 400 grams tinned tomatoes (diced)
 2 tablespoons tomato paste
 4 tablespoons tomato paste
 1 packet tortillas burritos
 200 mls vegetable oil
 2 teaspoons worstershire sauce

These ingredients are to make:

Souvlaki (Monday)
 Chocolate Balls (Tuesday)
 Chicken Schnitzel and Steamed Vegetables (Tuesday)
 Chicken Nuggets (Tuesday)
 Pumpkin Soup (Wednesday)
 Slow Cooker Spaghetti Bolognese (Thursday)
 Beef Stir Fry Recipe - Super Quick With Crispy Noodles (Friday)
 Marinated Steak and Garlic Mashed Potatoes (Saturday)
 Scrambled Eggs with Tomatoes (Sunday)

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