

8 slices sliced bread	1 large red capsicum	200 mls vegetable oil
4 tablespoons butter	2 large red capsicum	6 tablespoons vegetable oil
75 grams butter	6 sticks spring onions	1 cup jasmine rice
6 large eggs	1 bunch spring onions	750 grams lasagne pasta
12 large eggs	3 stalks spring onions	100 grams pasta soup
3 large eggs	2 large tomato	
750 mls milk	2 large tomato	These ingredients are to make:
1 1/3 cups mozzarella cheese	4 large tomato	Souvlaki (Monday)
350 grams mozzarella cheese (grated)	1 large white onion	Chicken Schnitzel and Steamed Vegetables (Tuesday)
200 grams tasty cheese	2 large zucchini	Chicken and Rice Patties (Tuesday)
200 grams tasty cheese	1/4 cup chia seeds	No Bake Lemon and Coconut Balls (Tuesday)
350 grams tasty cheese (grated)	1.25 tablespoons dried oregano	Roast Vegetable Lasagne (Wednesday)
175 mls tzatziki	500 grams beef strips	Slow Cooker Chicken Noodle Soup (Thursday)
200 grams frozen peas	500 grams chicken breasts	Beef Stir Fry Recipe - Super Quick With Crispy Noodles (Friday)
2 tablespoons water	750 grams chicken breasts	Marinated Chicken Sticks and Salad (Saturday)
1 large brown onion	2 large chicken breasts	Scrambled Eggs with Tomatoes (Sunday)
600 grams butternut pumpkin	1 large chicken breasts	
3 large carrots	500 grams lamb strips	
3 large carrots	1 packet Marie biscuits	
3 large carrots	425 grams beetroot (canned)	
4 large carrots	0.5 teaspoon black cracked pepper	
3 large carrots	4 cups bread crumbs	
1 large carrots	5 cups chicken stock	
4 sticks celery	1 tin condensed milk	
4 large corn	410 grams corn kernels	
1 large cucumber	1 1/2 cups desiccated coconut	
1 large cucumber	3 packets fried noodles (Changs)	
1 large eggplant	8 tablespoons honey	
3 tablespoons fresh chives	1 tin oil olive spray	
3 cloves fresh garlic	2 tablespoons olive oil	
3 cloves fresh garlic	2 tablespoons olive oil	
2 cloves fresh garlic	1/2 tablespoon olive oil	
2 cloves fresh garlic	0.5 cup plain flour	
1.5 tablespoons fresh parsley	0.5 teaspoon sea salt	
1 large iceberg lettuce	1 tablespoon sea salt	
1 large iceberg lettuce	8 tablespoons soy sauce	
2 tablespoons lemon juice	2 tablespoons soy sauce	
2 tablespoons lemon juice	2 tablespoons sweet chilli sauce	
2 teaspoons lemon rind	850 grams tinned tomatoes (whole)	
8 large potatoes	1 packet tortillas burritos	
1 large red capsicum		

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