

270 mls coconut milk
8 small dinner bread rolls
100 mls red wine
40 grams butter
60 grams butter
10 large eggs
3 large eggs
2 large eggs
125 mls light sour cream
187.5 mls milk
150 mls sour cream
100 grams tasty cheese
200 grams tasty cheese (grated)
150 grams tasty cheese (grated)
8 rashers bacon (shortcut
rindless)
4 large fresh fish fillets
200 grams frozen peas
2 cups frozen peas
125 mls water
187.5 mls water
0.25 cup water
1 small broccoli
2 large brown onion
1 large brown onion
4 large carrots
4 large carrots
4 large carrots
3 large carrots
3 large carrots
4 large carrots
4 sticks celery
6 large corn
4 large corn
0.5 large cucumber
2 - 3 cloves fresh garlic
2 cloves fresh garlic
1 clove fresh garlic
0.5 small iceberg lettuce
1 small iceberg lettuce
8 large potatoes
8 large potatoes

8 large potatoes
1 large red capsicum
2 large tomato
2 large tomato
1 large white onion
1 large white onion
750 grams zucchini
0.5 teaspoon dried oregano
1 teaspoon dried oregano
500 grams beef mince
500 grams beef mince
4 large beef steaks
1.5 kilograms chicken wings
500 grams lamb strips
12 thin sausages
1 small beef stock cubes
425 grams beetroot (canned)
2 teaspoons brown sugar
0.06 teaspoon brown sugar
125 mls canola oil
1 teaspoon corn flour
3 tablespoons dried chilli
0.25 teaspoon ground cumin
1.5 tablespoons ground cumin
0.5 teaspoon minced chilli
1 tin oil olive spray
1 tablespoon olive oil
2 tablespoons olive oil
1 tablespoon olive oil
1 tablespoon olive oil
3 tablespoons peanut butter
4 tablespoons plain flour
4 tablespoons plain flour
3 tablespoons plain flour
3 tablespoons salt
1 teaspoon salt
2 cups self raising flour
2 cups self raising flour
5 teaspoons soy sauce
1 tablespoon sweet chilli sauce
12 large taco shells
0.5 cup tartare sauce

- 400 grams tinned tomatoes (diced)
- 2 tablespoons tomato paste
- 4 tablespoons tomato paste
- 1 tablespoon tomato sauce
- 1 teaspoon vanilla essence
- 250 mls vegetable oil
- 1 cup white chocolate chips
- 0.75 cup white sugar
- 1 tablespoon worstershire sauce
- 2 teaspoons worstershire sauce

These ingredients are to make:

Tacos - Homemade Seasoning (Monday)

Chicken Wings with Baked Potatoes and Corn (Tuesday)

Zucchini Slice (Tuesday)

White Chocolate Chip Muffins (Tuesday)

Pan Fried Fish with Salad (Wednesday)

Slow Cooker Spaghetti Bolognese (Thursday)

Slow Cooker Satay (Friday)

Marinated Steak and Garlic Mashed Potatoes (Saturday)

Sausages and Steamed Vegetables (Sunday)

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