

8 slices sliced bread	8 large potatoes	1/2 cup sweet chilli sauce
165 mls red wine	10 large potatoes	12 large taco shells
4 tablespoons butter	1 large red capsicum	400 grams tinned tomatoes (diced)
125 grams butter	2 large tomato	4 tablespoons tomato paste
6 large eggs	4 large tomato	165 mls tomato sauce
12 large eggs	2 large tomato	1 packet tortillas burritos
2 large eggs	1 large white onion	1 teaspoon vanilla essence
1 large eggs	1 large white onion	200 mls vegetable oil
125 mls light sour cream	1 large white onion	2 teaspoons worstershire sauce
0.5 cup milk	1.25 tablespoons dried oregano	
200 grams tasty cheese	1 teaspoon dried oregano	These ingredients are to make:
1/2 cup tasty cheese (grated)	500 grams beef mince	Souvlaki (Monday)
250 grams tasty cheese (grated)	500 grams beef mince	Slow Cooker Roast Beef (Tuesday)
300 grams shaved ham	2 kilograms beef topside	Chocolate cake (easy) (Tuesday)
175 mls tzaztiki	750 grams chicken breasts	Ham and Cheese Scrolls (Tuesday)
200 grams frozen peas	500 grams chicken mince	Roast Pumpkin Salad (Wednesday)
5 sheets puff pastry	500 grams lamb strips	Chicken Balls (Wednesday)
187.5 mls water	2 tablespoons balsamic vinegar	Slow Cooker Spaghetti Bolognese (Thursday)
62.5 mls water	0.5 teaspoon black cracked pepper	Chicken Schnitzel and Steamed Vegetables (Friday)
0.25 cup water	4 cups bread crumbs	Tacos - Homemade Seasoning (Saturday)
1 small broccoli	1/2 cup bread crumbs	Scrambled Eggs with Tomatoes (Sunday)
1 large brown onion	0.06 teaspoon brown sugar	
1 large brown onion	1 cup caster sugar	
2 kilograms butternut pumpkin	2 tablespoons cocoa	
500 grams butternut pumpkin	3 tablespoons corn flour	
3 large carrots	3 tablespoons dried chilli	
3 large carrots	1.5 tablespoons ground cumin	
3 large carrots	0.25 cup honey	
5 large carrots	1 tin oil olive spray	
4 large corn	1 tablespoon olive oil	
1 large cucumber	2 tablespoons olive oil	
3 tablespoons fresh chives	2 tablespoons olive oil	
1/4 cup fresh coriander	1 tablespoon olive oil	
3 cloves fresh garlic	4 tablespoons plain flour	
1 clove fresh garlic	3 tablespoons salt	
1 large iceberg lettuce	1 teaspoon salt	
1 small iceberg lettuce	2 teaspoons salt flakes	
2 tablespoons lemon juice	0.5 teaspoon sea salt	
0.25 cup mint leaves	1 cup self raising flour	
0.5 cup pine nuts		

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