

165 mls red wine
 8 large eggs
 100 grams parmesan cheese
 500 mls sour cream
 200 grams tasty cheese
 150 grams tasty cheese
 (grated)
 8 rash bacon (shortcut
 rindless)
 175 mls tzaztiki
 2 cups frozen peas
 500 grams fresh agnolotti
 pasta
 62.5 mls water
 0.25 cup water
 100 grams baby spinach
 1 small broccoli
 1 small broccoli
 1 large brown onion
 1 large brown onion
 500 grams butternut pumpkin
 4 large carrots
 3 large carrots
 5 large carrots
 3 large carrots
 2 large (grated) carrots
 4 large corn
 1 large cucumber
 3 cloves fresh garlic
 1 clove fresh garlic
 1 large green capsicum
 1 large iceberg lettuce
 2 tablespoons lemon juice
 8 large potatoes
 10 large potatoes
 1 large red capsicum
 1 large red capsicum
 1 large red capsicum

6 sticks spring onions
 2 large tomato
 2 large tomato
 1 large white onion
 1 large white onion
 1.25 tablespoons dried
 oregano
 500 grams beef mince
 500 grams beef mince
 2 kilograms beef topside
 500 grams chicken breasts
 500 grams lamb strips
 12 thin sausages
 0.5 teaspoon black cracked
 pepper
 0.06 teaspoon brown sugar
 3 tablespoons corn flour
 2 teaspoons dried cayene
 pepper
 1 tin oil olive spray
 2 tablespoons olive oil
 2 tablespoons olive oil
 2 tablespoons olive oil
 1 tablespoon olive oil
 3 tablespoons olive oil
 690 mls pasta sauce
 500 mls pasta sauce
 1 teaspoon salt
 0.5 teaspoon sea salt
 1 packet taco mix
 400 grams tinned tomatoes
 (diced)
 4 tablespoons tomato paste
 165 mls tomato sauce
 1 packet tortillas burritos
 2 teaspoons worstershire
 sauce
 2 cups rice

3 cups white rice

These ingredients are to
make:

Pasta With Chicken And
 Spinach (Monday)
 Slow Cooker Roast Beef
 (Tuesday)
 Souvlaki (Wednesday)
 Sausages and Steamed
 Vegetables (Thursday)
 Mexibake (Friday)
 Slow Cooker Spaghetti
 Bolognese (Saturday)
 Fried Rice (Sunday)

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 for <http://planningwithkids.com>
 by <http://ventiv.com.au>