

270 mls coconut milk	2 large tomato	4 tablespoons tomato paste
165 mls red wine	2 large tomato	165 mls tomato sauce
60 grams butter	1 large white onion	1 tablespoon tomato sauce
75 grams butter	1 large white onion	4 standard weet-bix
3 large eggs	1 teaspoon dried oregano	1 cup wholemeal plain flour
8 large eggs	500 grams beef mince	1 tablespoon worstershire sauce
125 mls light sour cream	500 grams beef mince	2 teaspoons worstershire sauce
1 tablespoon milk	2 kilograms beef topside	2 cups rice
2 cups natural yogurt	4 large chicken breasts	
200 grams tasty cheese	500 grams lamb strips	
100 grams tasty cheese	12 thin sausages	These ingredients are to make:
8 rash bacon (shortcut rindless)	425 grams beetroot (canned)	Tacos - Homemade Seasoning
4 large fresh fish fillets	425 grams beetroot (canned)	(Monday)
187.5 mls water	4 cups bread crumbs	Sausages and Salad (Tuesday)
62.5 mls water	0.06 teaspoon brown sugar	Chicken Nuggets (Tuesday)
0.25 cup water	1/2 cup brown sugar	Chocolate Weetbix Slice Recipe
1/4 cup water	1 tablespoon cocoa	(Tuesday)
1 small broccoli	1 tablespoon cocoa	Slow Cooker Satay (Wednesday)
1 large brown onion	3 tablespoons corn flour	Slow Cooker Roast Beef
500 grams butternut pumpkin	425 grams corn kernels	(Thursday)
3 large carrots	1/2 cup desiccated coconut	Slow Cooker Spaghetti Bolognese
3 large carrots	1/4 cup desiccated coconut	(Friday)
3 large carrots	3 tablespoons dried chilli	Fried Rice (Saturday)
5 large carrots	1.5 tablespoons ground cumin	Pan Fried Fish with Salad
4 large carrots	3/4 cup icing sugar	(Sunday)
3 large carrots	2 tablespoons olive oil	
4 sticks celery	2 tablespoons olive oil	
4 sticks celery	1 tablespoon olive oil	
1 small cucumber	1 tablespoon olive oil	This app was made
0.5 large cucumber	3 tablespoons olive oil	for http://planningwithkids.com by
1 medium cucumber	3 tablespoons peanut butter	http://ventiv.com.au
2 cloves fresh garlic	4 tablespoons plain flour	
1 clove fresh garlic	4 tablespoons plain flour	
0.5 small iceberg lettuce	3 tablespoons plain flour	
1 small iceberg lettuce	3 tablespoons salt	
10 large potatoes	1 teaspoon salt	
1 large red capsicum	5 teaspoons soy sauce	
1 large red capsicum	1 tablespoon sweet chilli sauce	
1 large red capsicum	12 large taco shells	
1 large red capsicum	0.5 cup tartare sauce	
6 sticks spring onions	400 grams tinned tomatoes	
2 large tomato	(diced)	