

400 mls coconut milk	2 large tomato	2 tablespoons soy sauce
50 grams butter	1 large white onion	2 tablespoons sweet chilli sauce
250 grams butter	1 large white onion	12 large taco shells
300 mls cream	1 large white onion	140 grams tomato paste
100 grams feta cheese	1/2 cup chia seeds	2 tablespoons vegetable oil
125 mls light sour cream	1 teaspoon dried oregano	6 tablespoons vegetable oil
250 grams mozzarella cheese (grated)	1/2 cup pepitas	2 cups wholemeal self raising flour
70 grams parmesan cheese (grated)	2 teaspoons garam masala	2 tablespoons yeast
200 grams tasty cheese	4 tablespoons golden syrup	500 grams penne pasta
250 grams tasty cheese (grated)	500 grams beef mince	
1 cup yoghurt	500 grams beef strips	
8 rashers bacon (shortcut rindless)	2 kgs boneless beef	
200 grams shredded ham	500 grams chicken breasts	These ingredients are to make:
200 grams sun dried tomatoes	600 grams chicken breasts	Tacos - Homemade Seasoning (Monday)
6 Sheets puff pastry	1/2 cup balsamic vinegar	Left Over Meat Recipe (Tuesday)
250 mls water	425 grams beetroot (canned)	Oat and Seed Lunchbox Slice (Tuesday)
187.5 mls water	1 teaspoon bicarbonate of soda	Slow cooker shredded beef and rocket salad (Tuesday)
2 tablespoons water	1 1/3 cup brown sugar	Marinated Chicken Sticks and Salad (Wednesday)
2 tablespoons boiling water	15 seeds cardamom seeds	Baked Penne With Bacon (Thursday)
1 large brown onion	410 grams corn kernels	Beef Stir Fry Recipe - Super Quick With Crispy Noodles (Friday)
3 large carrots	1 tablespoon curry paste	Slow Cooker Butter Chicken (Saturday)
3 large carrots	2 cups desiccated coconut	Home Made Pizzas (Sunday)
3 large carrots	3 tablespoons dried chilli	
4 sticks celery	2 teaspoons dried coriander	
1 large cucumber	3 packets fried noodles (Changs)	
1 bunch fresh basil	1 teaspoon ground cinnamon	
3 tablespoons fresh basil	1.5 tablespoons ground cumin	
3 cloves fresh garlic	8 tablespoons honey	
2 cloves fresh garlic	1/2 cup maple syrup	
2 cloves fresh garlic	2 teaspoons minced garlic	
4 cloves fresh garlic	1 tablespoon olive oil	
1 teaspoon finely chopped ginger (or 1/2 tsp ground) fresh ginger	2 tablespoons olive oil	
1 large iceberg lettuce	2 tablespoons olive oil	
1 small iceberg lettuce	200 mls pasta sauce	
1 large red capsicum	500 mls pasta sauce	
1 bunch spring onions	2 cups plain flour	
1 large tomato	4 tablespoons plain flour	
2 large tomato	1 3/4 cups rolled oats	
	1 teaspoon salt	
	3 tablespoons salt	
	8 tablespoons soy sauce	

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