

100 mls red wine  
 40 grams butter  
 50 grams butter  
 1 large eggs  
 2 large eggs  
 125 mls light sour cream  
 0.75 cup milk  
 12 rash bacon (shortcut rindless)  
 2.5 tsp bacon fat  
 200 grams frozen peas  
 125 mls water  
 187.5 mls water  
 3 cups (rice cooker measuring cups) water  
 1 medium avocado  
 1 large avocado  
 3 large carrots  
 4 large carrots  
 3 large carrots  
 5 large carrots  
 3 medium carrots  
 1 medium cucumber  
 2 - 3 cloves fresh garlic  
 2 cloves fresh garlic  
 1 small iceberg lettuce  
 1 large lemon  
 2 large lemon  
 0.5 bunch mint leaves  
 2 cups peas  
 8 large potatoes  
 8 large potatoes  
 1 large red capsicum  
 1 medium red capsicum  
 20 large snow peas  
 6 sticks spring onions  
 400 grams sweet potato  
 2 large tomato  
 1 large white onion  
 1 large white onion  
 1 large white onion  
 2 large white onion  
 1 medium white onion

1/2 tablespoon coconut oil  
 0.5 teaspoon dried oregano  
 1 teaspoon dried oregano  
 0.75 cup slivered almonds  
 500 grams beef mince  
 4 large beef steaks  
 500 grams beef strips  
 750 grams beef strips  
 1 kg chicken mince  
 2 kilograms leg of lamb  
 1/2 teaspoon Himalayan pink salt  
 250 mls beef stock  
 1 small beef stock cubes  
 0.25 teaspoon bicarbonate of soda  
 2 teaspoons brown sugar  
 0.25 cup caster sugar  
 2 tablespoons corn flour  
 1 teaspoon corn flour  
 3 tablespoons dried chilli  
 1 teaspoon dried ginger  
 1 tablespoon dukkah (homemade)  
 1 teaspoon ground coriander  
 0.25 teaspoon ground cumin  
 2 teaspoons ground cumin  
 1.5 tablespoons ground cumin  
 3 tablespoons honey  
 4 tablespoons maple syrup  
 0.5 teaspoon minced chilli  
 1 teaspoon minced garlic  
 2 tablespoons olive oil  
 1 tablespoon olive oil  
 2 tablespoons olive oil  
 2 tablespoons olive oil  
 2 tablespoons olive oil  
 700 grams passata  
 4 tablespoons plain flour  
 1/3 cup rice vinegar  
 3 tablespoons salt  
 1/4 teaspoon salt  
 1 cup self raising flour  
 2 tablespoons soy sauce

100 mls (optional) soy sauce  
 3 tablespoons sweet chilli sauce  
 12 large taco shells  
 425 grams tinned tomatoes (diced)  
 6 sheets toasted seaweed sheets (nori)  
 2 tablespoons tomato paste  
 95 grams tuna in springwater  
 15 grams (optional) wasabi paste  
 1/4 cup white sugar  
 1 teaspoon white vinegar  
 3 cups (rice cooker measuring cups) sushi rice  
 2 cups white rice  
 1.5 cups white rice

These ingredients are to make:

Beef Stir Fry (Monday)  
 Gluten Free Meatballs (Tuesday)  
 Marinated Steak and Garlic  
 Mashed Potatoes (Wednesday)  
 Moroccan Minted Beef (Thursday)  
 Sweet Potato Hash, Eggs and Smashed Avocado (Friday)  
 Tacos - Homemade Seasoning (Saturday)  
 Pikelets (Sunday)  
 Slow Cooker Roast Lamb (Sunday)  
 Sushi (Sunday)

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