

12 standard english muffins

50 grams butter

50 grams butter

15 grams butter

6 large eggs

1 large eggs

12 large eggs

125 mls light sour cream

0.75 cup milk

200 grams tasty cheese

75 grams tasty cheese

200 grams yoghurt

12 rashers bacon (shortcut
rindless)

10 rash bacon (shortcut rindless)

175 mls tzaziki

200 grams frozen peas

6 sheets puff pastry

187.5 mls water

1 large brown onion

3 large carrots

3 large carrots

3 large carrots

4 large corn

1 large cucumber

3 cloves fresh garlic

2 cloves fresh garlic

4 cloves fresh garlic

2 cloves fresh garlic

2 tablespoons chopped

continental fresh parsley

1 large iceberg lettuce

1 small iceberg lettuce

2 large lemon

2 tablespoons lemon juice

8 large potatoes

1 large red capsicum

8 sticks finely chopped spring
onions

1 large sweet potato

2 large tomato

2 large tomato

1 large white onion

1 large white onion

1 large white onion

3 tbsp coconut oil

1.25 tablespoons dried oregano

1 teaspoon dried oregano

0.5 teaspoon ground cardamon

0.5 teaspoon tumeric

500 grams beef mince

2 kgs boneless beef

750 grams chicken breasts

1 kg chicken breasts

500 grams diced beef

500 grams lamb strips

800 grams sausage mince

1/2 cup balsamic vinegar

4 tablespoons barbecue sauce

0.25 teaspoon bicarbonate of
soda

0.5 teaspoon black cracked
pepper

0.5 teaspoon black cracked
pepper

4 cups bread crumbs

0.25 cup caster sugar

400 mls coconut cream

3 tablespoons dried chilli

0.5 teaspoon dried ginger

2 teaspoons ground coriander

1.5 tablespoons ground cumin

3 teaspoons ground cumin

4 tablespoons maple syrup

1/2 cup maple syrup

2/3 cup whole egg mayonnaise

0.5 teaspoon minced chilli

2 tablespoons olive oil

3/4 cup passata

4 tablespoons plain flour

2 tablespoons plain flour

3 tablespoons salt

0.5 teaspoon sea salt

0.5 teaspoon sea salt

1 cup self raising flour

12 large taco shells

440 grams tinned tomatoes
(crushed)

1/2 cup tomato sauce

1 packet tortillas burritos

200 mls vegetable oil

1/4 cup white sugar

1 teaspoon white vinegar

These ingredients are to make:

Tacos - Homemade Seasoning
(Monday)

Slow Cooker Rogan Josh
(Tuesday)

Chicken Schnitzel and Steamed
Vegetables (Wednesday)

Creamy chicken and sweet potato
stew (dairy free) (Thursday)

Party Sausage Rolls (Friday)

Souvlaki (Saturday)

Pikelets (Sunday)

Lunch Box Egg and Bacon
Muffins (Sunday)

Slow cooker shredded beef and
rocket salad (Sunday)

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