

60 grams butter
 3 large eggs
 125 mls light sour cream
 100 grams parmesan cheese
 100 grams tasty cheese
 4 large fresh fish fillets
 1 kilogram fresh Singapore noodles
 500 grams fresh agnolotti pasta
 187.5 mls water
 4 tablespoons water
 3 tbsp water
 100 grams baby spinach
 60 gms baby spinach
 1 large bok choy
 280 gms broccoli
 2 heads broccoli
 2 kilograms butternut pumpkin
 3 large carrots
 3 large carrots
 3 large carrots
 5 large carrots
 4 sticks celery
 0.5 large cucumber
 3 cloves fresh garlic
 1 clove fresh garlic
 2 cloves fresh garlic
 0.5 small iceberg lettuce
 1 small iceberg lettuce
 1 large lemon
 0.25 cup mint leaves
 0.5 cup pine nuts
 12 large potatoes
 1 large red capsicum
 20 large snow peas
 1 bunch spring onions
 2 large tomato

2 large tomato
 1 large white onion
 50 gms white onion
 1/4 cup apple cider vinegar
 2 tbsps coconut oil
 1 teaspoon dried oregano
 500 grams beef mince
 2 kg boneless beef
 500 grams chicken breasts
 500 grams chicken breasts
 1 kg chicken breasts
 2 kg lamb shoulder
 3 tsp arrowroot powder
 2 tablespoons balsamic vinegar
 1/2 cup balsamic vinegar
 425 grams beetroot (canned)
 1 tablespoon brown sugar
 250 mls chicken stock
 1 cup chicken stock
 2 tablespoons corn flour
 1 tablespoon corn flour
 3 tablespoons dried chilli
 4-6 tbsp dukkah (homemade)
 1.5 tablespoons ground cumin
 3 tablespoons honey
 0.25 cup honey
 1.5 tsp macadamia oil
 1/2 cup maple syrup
 1 teaspoon minced chilli
 1 teaspoon minced garlic
 1 tin oil olive spray
 2 tablespoons olive oil
 2 tablespoons olive oil
 1 tablespoon olive oil
 2 tablespoons olive oil
 1 tablespoon olive oil
 690 mls pasta sauce

4 tablespoons plain flour
 4 tablespoons plain flour
 4 tablespoons plain flour
 1/2 cup raw honey
 3 tablespoons salt
 2 teaspoons salt flakes
 2 tablespoons soy sauce
 3 tablespoons sweet chilli sauce
 12 large taco shells
 1/4 cup tamari
 0.5 cup tartare sauce
 These ingredients are to make:
 Chicken Stir Fry With Seasonal Vegetables (Monday)
 Tacos - Homemade Seasoning (Tuesday)
 Roast Pumpkin Salad (Wednesday)
 Slow cooker shredded beef (Wednesday)
 Slow Cooker Lemon Chicken (Thursday)
 Green Veggie Recipe (Thursday)
 Pasta With Chicken And Spinach (Friday)
 Pan Fried Fish with Salad (Saturday)
 Honey roasted lamb shoulder (Sunday)

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