

75 grams butter	2 kilograms leg of lamb	Chicken Schnitzel and Steamed Vegetables (Saturday)
6 large eggs	14 chickwn sausages	Slow Cooker Roast Lamb (Sunday)
2 large eggs	1/2 teaspoon Himalayan pink salt	
200 grams tasty cheese	1/4 tsp Himalayan pink salt	
175 mls tzaztiki	0.5 teaspoon black cracked pepper	
200 grams frozen peas	4 cups bread crumbs	This app was made for <a href="http://planningwithkids.com">http://planningwithkids.com</a> by <a href="http://ventiv.com.au">http://ventiv.com.au</a>
1 kilogram fresh Singapore noodles	250 mls chicken stock	
1 large avocado	2 tablespoons corn flour	
1 large bok choy	1 tablespoon dukkah (homemade)	
4 large pieces broccoli	3 tablespoons honey	
1 large brown onion	1 teaspoon minced chilli	
3 large carrots	1 teaspoon minced garlic	
3 large carrots	2 tablespoons olive oil	
3 large carrots	2 tablespoons olive oil	
5 large carrots	700 grams passata	
8 medium carrots	0.5 teaspoon sea salt	
4 large corn	2 tablespoons soy sauce	
1 large cucumber	3 tablespoons sweet chilli sauce	
3 cloves fresh garlic	1 packet tortillas burritos	
1 large iceberg lettuce	200 mls vegetable oil	
2 tablespoons lemon juice		
2 cups peas		
8 large potatoes		
8 large potatoes		
2 kgs potatoes		
1 large red capsicum	These ingredients are to make:	
1 large red capsicum		
20 large snow peas		
400 grams sweet potato	Chicken Stir Fry With Seasonal Vegetables (Monday)	
2 large tomato	Souvlaki (Tuesday)	
2 large white onion	Sausages, veg and crispy mashed potato mounds (Wednesday)	
1/2 tablespoon coconut oil	Sweet Potato Hash, Eggs and Smashed Avocado (Friday)	
1.25 tablespoons dried oregano		
500 grams chicken breasts		
750 grams chicken breasts		
500 grams lamb strips		