

400 mls coconut milk
 6 large bread rolls
 1 packet bread rolls (bake at home)
 165 mls red wine
 30 grams butter
 50 grams butter
 1 large eggs
 8 large eggs
 150 mls light sour cream
 500 mls sour cream
 150 grams tasty cheese (grated)
 150 grams tasty cheese (grated)
 1 cup yoghurt
 150 grams yoghurt
 8 rashers bacon (shortcut rindless)
 8 rash bacon (shortcut rindless)
 200 grams frozen peas
 500 mls water
 62.5 mls water
 1 small broccoli
 1 small broccoli
 2 kilograms butternut pumpkin
 500 grams butternut pumpkin
 500 grams butternut pumpkin
 4 large carrots
 3 large carrots
 5 large carrots
 3 large carrots
 3 large carrots
 2 large (grated) carrots
 3 sticks celery
 1/2 medium cucumber
 3 cloves fresh garlic
 1 teaspoon finely chopped ginger (or 1/2 tsp ground) fresh ginger
 1 large green capsicum
 1 large iceberg lettuce
 1/2 large iceberg lettuce
 10 large potatoes
 10 large potatoes

1 large red capsicum
 1 large red capsicum
 1 large red capsicum
 6 sticks spring onions
 2 large tomato
 2 large tomato
 2 large tomato
 1 large white onion
 2 large white onion
 1 large white onion
 1 large white onion
 1 large white onion
 2 teaspoons garam masala
 500 grams beef mince
 500 grams beef mince
 2 kilograms beef topside
 600 grams chicken breasts
 4 large chicken breasts
 16 large lamb chops
 425 grams beetroot (canned)
 1 cup bread crumbs
 15 seeds cardamom seeds
 3 tablespoons corn flour
 1 tablespoon curry paste
 2 teaspoons dried cayene pepper
 2 teaspoons dried coriander
 1 tablespoon dried coriander
 1 teaspoon ground cinnamon
 2 tablespoons olive oil
 4 tablespoons olive oil
 2 tablespoons olive oil
 2 tablespoons olive oil
 1 tablespoon olive oil
 3 tablespoons olive oil
 500 mls pasta sauce
 4 teaspoons soy sauce
 1 teaspoon stock chicken powder
 3 tablespoons sweet chilli sauce
 4 tablespoons sweet chilli sauce
 1 packet taco mix
 140 grams tomato paste
 3 tablespoons tomato sauce

165 mls tomato sauce
 1 packet tortillas burritos
 2 tablespoons vegetable oil
 1 tablespoon worstershire sauce
 2 cups rice
 500 grams spaghetti
 3 cups white rice

These ingredients are to make:

Slow Cooker Roast Beef (Monday)
 Slow Cooker Butter Chicken (Tuesday)
 Mexibake (Wednesday)
 Pumpkin Soup (Thursday)
 Fried Rice (Thursday)
 Homemade Hamburgers and Chunky Chips (Friday)
 Chicken Wraps – Easy Sweet Chilli (Saturday)
 Lamb Chops and Steamed Vegetables (Sunday)

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