

400 mls coconut milk  
 50 grams butter  
 75 grams butter  
 6 large eggs  
 125 mls light sour cream  
 150 grams natural yogurt  
 300 mls sour cream  
 1 cup yoghurt  
 200 grams frozen peas  
 187.5 mls water  
 2 tablespoons water  
 150 grams baby spinach  
 4 large pieces broccoli  
 600 grams butternut pumpkin  
 3 large carrots  
 3 large carrots  
 5 large carrots  
 3 large carrots  
 8 medium carrots  
 3 large (sliced thinly) carrots  
 4 large corn  
 3 cloves fresh garlic  
 2 cloves fresh garlic  
 2 cloves fresh garlic  
 1 teaspoon finely chopped ginger  
 (or ½ tsp ground) fresh ginger  
 1/4 bunch fresh mint  
 3 medium green chillies  
 1 small iceberg lettuce  
 1 medium lime  
 2 cups peas  
 8 large potatoes  
 8 large potatoes  
 2 kgs potatoes  
 2 large (cubed 1cm x 1cm)  
 potatoes  
 1 bunch spring onions  
 2 large tomato  
 1 large white onion  
 2 large white onion  
 1 large white onion  
 2 large white onion

2 tbsp coconut oil  
 1 teaspoon dried oregano  
 2 teaspoons garam masala  
 1 teaspoon tumeric  
 500 grams beef mince  
 500 grams beef strips  
 750 grams chicken breasts  
 600 grams chicken breasts  
 500 grams diced beef  
 2 kilograms leg of lamb  
 14 chickwn sausages  
 1/4 tsp Himalayan pink salt  
 2 tbsp arrowroot powder  
 1 cup beef stock  
 4 cups bread crumbs  
 15 seeds cardamom seeds  
 400 mls coconut milk light  
 8 medium curry leaves  
 1 tablespoon curry paste  
 3 tablespoons dried chilli  
 2 teaspoons dried coriander  
 3 packets fried noodles (Changs)  
 1 teaspoon ground cinnamon  
 1.5 tablespoons ground cumin  
 2 tablespoons olive oil  
 2 tablespoons olive oil  
 2 tablespoons olive oil  
 2 tablespoons olive oil  
 700 grams passata  
 4 tablespoons plain flour  
 3 tablespoons salt  
 2 tablespoons soy sauce  
 2 tablespoons sweet chilli sauce  
 12 large taco shells  
 425 grams tinned tomatoes  
 (crushed)  
 140 grams tomato paste  
 3 tbsp tomato paste  
 200 mls vegetable oil  
 2 tablespoons vegetable oil  
 2 cups white rice

These ingredients are to make:

Slow Cooker Roast Lamb  
 (Monday)  
 Slow Cooker Beef Stroganoff  
 (Gluten Free) (Tuesday)  
 Slow Cooker Butter Chicken  
 (Wednesday)  
 Pumpkin and spinach curry  
 (Wednesday)  
 Beef Stir Fry Recipe - Super  
 Quick With Crispy Noodles  
 (Thursday)  
 Sausages, veg and crispy  
 mashed potato mounds (Friday)  
 Tacos - Homemade Seasoning  
 (Saturday)  
 Chicken Schnitzel and Steamed  
 Vegetables (Sunday)

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