

8 small dinner bread rolls
 60 grams butter
 50 grams butter
 75 grams butter
 3 large eggs
 1 large eggs
 125 mls light sour cream
 150 mls sour cream
 100 grams tasty cheese
 200 grams tasty cheese (grated)
 200 grams yoghurt
 4 large fresh fish fillets
 187.5 mls water
 2 tablespoons water
 4 large pieces broccoli
 525 grams butternut pumpkin
 3 large carrots
 3 large carrots
 2 large grated carrots
 3 large carrots
 8 medium carrots
 4 sticks celery
 6 large corn
 0.5 large cucumber
 2 cloves fresh garlic
 1 clove fresh garlic
 2 cloves fresh garlic
 3 tablespoons fresh parsley
 0.5 small iceberg lettuce
 1 small iceberg lettuce
 8 large potatoes
 6 large potatoes
 2 kgs potatoes
 1 bunch spring onions
 2 large tomato
 2 large tomato
 1 large white onion
 1 large white onion
 1 large white onion
 1 teaspoon dried oregano

0.5 teaspoon ground cardamon
 0.5 teaspoon tumeric
 500 grams beef mince
 750 grams beef mince
 500 grams beef strips
 1.5 kilograms chicken wings
 500 grams diced beef
 14 chickwn sausages
 1/4 tsp Himalayan pink salt
 1 1/2 cups beef stock
 425 grams beetroot (canned)
 0.5 teaspoon black cracked
 pepper
 2 tablespoons corn flour
 3 tablespoons dried chilli
 0.5 teaspoon dried ginger
 3 packets fried noodles
 (Changs)
 2 teaspoons ground coriander
 1.5 tablespoons ground cumin
 3 teaspoons ground cumin
 0.5 teaspoon minced chilli
 2 tablespoons olive oil
 2 tablespoons olive oil
 2 tablespoons olive oil
 4 tablespoons plain flour
 4 tablespoons plain flour
 2 tablespoons plain flour
 3 tablespoons salt
 0.5 teaspoon sea salt
 2 tablespoons soy sauce
 2 tablespoons sweet chilli sauce
 12 large taco shells
 0.5 cup tartare sauce
 440 grams tinned tomatoes
 (crushed)
 1/3 cup tomato paste
 1 tablespoon worstershire sauce

These ingredients are to make:

Slow Cooker Rogan Josh
 (Monday)
 Beef Stir Fry Recipe - Super
 Quick With Crispy Noodles
 (Tuesday)
 Tacos - Homemade Seasoning
 (Wednesday)
 Sausages, veg and crispy
 mashed potato mounds
 (Thursday)
 Shepherds Pie (Friday)
 Pan Fried Fish with Salad
 (Saturday)
 Chicken Wings with Baked
 Potatoes and Corn (Sunday)

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