

6 large bread rolls	2 large (cubed 1cm x 1cm) potatoes	4 tablespoons olive oil
50 grams butter	1 large red capsicum	2 tablespoons olive oil
1 large eggs	1 large red capsicum	2 tablespoons olive oil
1 large eggs	1 large red capsicum	3 tablespoons olive oil
8 large eggs	1 large red capsicum	500 mls pasta sauce
500 mls sour cream	1 large red capsicum	0.5 teaspoon sea salt
300 mls sour cream	125 grams snow peas	3 tablespoons sweet chilli sauce
200 grams tasty cheese	6 sticks spring onions	1 packet taco mix
150 grams tasty cheese (grated)	2 large tomato	3 tbsp tamari soy sauce
150 grams tasty cheese (grated)	2 large tomato	3 tbsp tomato paste
8 rash bacon (shortcut rindless)	2 large tomato	3 tablespoons tomato sauce
175 mls tzatziki	1 large white onion	1 packet tortillas burritos
200 grams frozen peas	1 large white onion	1 tablespoon worstershire sauce
200 grams frozen peas	1 large white onion	2 cups rice
1 small broccoli	1 cup cashews (raw)	500 grams spaghetti
1 small broccoli	2 tbsp coconut oil	3 cups white rice
2 bunches broccolini	3 tbsp coconut oil	
1 large brown onion	1.25 tablespoons dried oregano	
500 grams butternut pumpkin	500 grams beef mince	These ingredients are to make:
500 grams butternut pumpkin	500 grams beef mince	
4 large carrots	1 kg chicken breasts	Fried Rice (Monday)
4 large carrots	500 grams diced beef	Slow Cooker Beef Stroganoff (Gluten Free) (Monday)
3 large carrots	16 large lamb chops	Chicken, cashew and ginger stir fry (Tuesday)
3 large carrots	500 grams lamb strips	Souvlaki (Wednesday)
3 large carrots	1 large whole chicken	Lamb Chops and Steamed Vegetables (Thursday)
2 large (grated) carrots	2 tbsp arrowroot powder	Mexibake (Friday)
3 large (sliced thinly) carrots	3 tsp arrowroot powder	Homemade Hamburgers and Chunky Chips (Saturday)
2 large carrots	1 cup beef stock	Roast Chicken and Vegetables (Sunday)
3 sticks celery	425 grams beetroot (canned)	
1 large cucumber	0.5 teaspoon black cracked pepper	
3 cloves fresh garlic	1 cup bread crumbs	
2 cloves fresh garlic	1 1/2 cups bread crumbs	
3 cloves fresh garlic	250 mls chicken stock	
3 cms fresh ginger	1/3 cup chicken stock	
1 large green capsicum	2 tablespoons corn flour	
1 large iceberg lettuce	2 teaspoons dried cayene pepper	
1 large iceberg lettuce	1 tablespoon dried parsley	
2 tablespoons lemon juice	2 tablespoons olive oil	
10 large potatoes		
8 large potatoes		

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