400 mls coconut milk
50 grams butter
1 large eggs
100 grams feta cheese
125 mls light sour cream
250 grams mozzarella cheese (grated)
250 grams tasty cheese (grated)
1 cup yoghurt
200 grams shredded ham
200 grams sun dried tomatoes
2 cups frozen peas
250 mls water
187.5 mls water
60 gms baby spinach
1 small broccoli
280 gms broccoli
525 grams butternut pumpkin
3 large carrots
4 large carrots
3 large carrots
5 large carrots
2 large grated carrots
4 large corn
1 bunch fresh basil
3 tablespoons fresh basil
3 cloves fresh garlic
1 clove fresh garlic
1 clove fresh garlic
1 teaspoon finely chopped ginger (or ½ tsp ground) fresh ginger
3 tablespoons fresh parsley
1 small iceberg lettuce
2 cups peas
8 large potatoes
8 large potatoes
6 large potatoes
1 large red capsicum
20 large snow peas
6 sticks spring onions
1 large tomato
2 large tomato
1 large white onion
1 large white onion
2 large white onion
1 large white onion
1 large white onion
50 gms white onion
1 teaspoon dried oregano
2 teaspoons garam masala
500 grams beef mince
750 grams beef mince
500 grams beef strips
600 grams chicken breasts
2 kilograms leg of lamb
12 thin sausages
250 mls beef stock
1 1/2 cups beef stock
15 seeds cardamom seeds
2 tablespoons corn flour
2 tablespoons corn flour
1 tablespoon curry paste
3 tablespoons dried chilli
2 teaspoons dried coriander
1 teaspoon dried ginger
1 teaspoon ground cinnamon
1 teaspoon ground coriander
1.5 tablespoons ground cumin
3 tablespoons honey
1.5 tsp macadamia oil
1 teaspoon minced garlic
1 tin oil olive spray
2 tablespoons olive oil
1 tablespoon olive oil
2 tablespoons olive oil
2 tablespoons olive oil
2 tablespoons olive oil
700 grams passata
200 mls pasta sauce
2 cups plain flour
4 tablespoons plain flour
1 teaspoon salt
3 tablespoons salt
2 tablespoons soy sauce
3 tablespoons sweet chilli sauce
12 large taco shells
140 grams tomato paste
1/3 cup tomato paste
2 tablespoons vegetable oil
1 tablespoon worstershire sauce
2 tablespoons yeast
2 cups white rice

These ingredients are to make:

Slow Cooker Butter Chicken (Monday)
Green Veggie Recipe (Monday)
Beef Stir Fry (Tuesday)
Tacos - Homemade Seasoning (Wednesday)
Sausages and Steamed Vegetables (Thursday)
Shepherds Pie (Friday)
Home Made Pizzas (Saturday)
Slow Cooker Roast Lamb (Sunday)

This app was made for http://planningwithkids.com by http://ventiv.com.a