

50 grams butter	8 large potatoes	2 tablespoons sweet chilli sauce
300 mls cream	8 large potatoes	12 large taco shells
6 large eggs	6 sticks spring onions	200 mls vegetable oil
10 large eggs	1 bunch spring onions	250 mls vegetable oil
1 large eggs	1 large tomato	2 tablespoons yeast
100 grams feta cheese	2 large tomato	100 grams pasta soup
125 mls light sour cream	1 large white onion	500 grams penne pasta
250 grams mozzarella cheese (grated)	1 large white onion	
70 grams parmesan cheese (grated)	1 large white onion	
250 grams tasty cheese (grated)	750 grams zucchini	These ingredients are to make:
150 grams tasty cheese (grated)	1 teaspoon dried oregano	Beef Stir Fry Recipe - Super Quick With Crispy Noodles (Monday)
8 rashers bacon (shortcut rindless)	500 grams beef mince	Baked Penne With Bacon (Tuesday)
8 rashers bacon (shortcut rindless)	500 grams beef strips	Slow Cooker Chicken Noodle Soup (Tuesday)
200 grams shredded ham	750 grams chicken breasts	Chicken Schnitzel and Steamed Vegetables (Wednesday)
200 grams sun dried tomatoes	2 large chicken breasts	Zucchini Slice (Thursday)
200 grams frozen peas	1 large whole chicken	Home Made Pizzas (Friday)
200 grams frozen peas	4 cups bread crumbs	Tacos - Homemade Seasoning (Saturday)
250 mls water	1 1/2 cups bread crumbs	Roast Chicken and Vegetables (Sunday)
187.5 mls water	5 cups chicken stock	
2 tablespoons water	250 mls chicken stock	
1 small broccoli	2 tablespoons corn flour	
1 large brown onion	3 tablespoons dried chilli	
2 large brown onion	1 tablespoon dried parsley	
500 grams butternut pumpkin	3 packets fried noodles (Changs)	
4 large carrots	1.5 tablespoons ground cumin	
3 large carrots	2 teaspoons minced garlic	
4 large carrots	1 tablespoon olive oil	
3 large carrots	2 tablespoons olive oil	
4 large carrots	2 tablespoons olive oil	
3 large carrots	2 tablespoons olive oil	
4 large carrots	200 mls pasta sauce	
3 large carrots	500 mls pasta sauce	
4 large corn	2 cups plain flour	
1 bunch fresh basil	4 tablespoons plain flour	
3 tablespoons fresh basil	1 teaspoon salt	
2 cloves fresh garlic	3 tablespoons salt	
1.5 tablespoons fresh parsley	2 cups self raising flour	
1 small iceberg lettuce	2 tablespoons soy sauce	

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y <http://ventiv.com.au>