

8 small dinner bread rolls
 75 grams butter
 6 large eggs
 500 mls sour cream
 150 mls sour cream
 150 grams tasty cheese (grated)
 200 grams tasty cheese (grated)
 200 grams frozen peas
 3 cups (rice cooker measuring cups) water
 1 medium avocado
 4 large pieces broccoli
 2 bunches broccolini
 3 large carrots
 2 large (grated) carrots
 3 medium carrots
 8 medium carrots
 2 large carrots
 6 large corn
 4 large corn
 1 medium cucumber
 1 clove fresh garlic
 3 cloves fresh garlic
 1/2 teaspoon fresh ginger
 3 cms fresh ginger
 1/4 bunch fresh mint
 1 large green capsicum
 1/2 medium iceberg lettuce
 8 large potatoes
 8 large potatoes
 2 kgs potatoes
 1 large red capsicum
 1 medium red capsicum
 1 large red capsicum
 1 medium red chilli
 125 grams snow peas
 2 large tomato
 1 large white onion
 1 large white onion
 1 cup cashews (raw)
 3 tbsp coconut oil
 500 grams beef mince
 750 grams chicken breasts
 1 kg chicken breasts
 700 grams chicken mince
 1.5 kilograms chicken wings
 14 chicken sausages
 1/4 tsp Himalayan pink salt
 3 tsp arrowroot powder
 4 cups bread crumbs
 1/3 cup chicken stock
 2 teaspoons dried cayenne pepper
 2 tablespoons olive oil
 3 tablespoons olive oil
 2 tablespoons oyster sauce
 500 mls pasta sauce
 1/3 cup rice vinegar
 1/4 teaspoon salt
 1 tablespoon soy sauce

100 mls (optional) soy sauce
 1 packet taco mix
 3 tbsp tamari soy sauce
 6 sheets toasted seaweed sheets (nori)
 95 grams tuna in springwater
 200 mls vegetable oil
 15 grams (optional) wasabi paste
 3 cups (rice cooker measuring cups) sushi rice
 3 cups white rice

These ingredients are to make:

Chicken, cashew and ginger stir fry (Monday)
 Mexibake (Tuesday)
 Sang Choy Bow (Wednesday)
 Sausages, veg and crispy mashed potato mounds (Thursday)
 Chicken Wings with Baked Potatoes and Corn (Friday)
 Sushi (Saturday)
 Chicken Schnitzel and Steamed Vegetables (Sunday)

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