

400 mls coconut milk
 50 grams butter
 6 large eggs
 1 large eggs
 100 grams feta cheese
 250 grams mozzarella cheese (grated)
 300 mls sour cream
 250 grams tasty cheese (grated)
 1 cup yoghurt
 500 grams salmon fillets
 200 grams shredded ham
 200 grams sun dried tomatoes
 200 grams frozen peas
 250 mls water
 60 gms baby spinach
 240 grams baby spinach
 280 gms broccoli
 525 grams butternut pumpkin
 3 large carrots
 3 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 clove fresh garlic
 1 clove fresh garlic
 1 teaspoon finely chopped ginger (or ½ tsp ground) fresh ginger
 1/2 teaspoon fresh ginger
 1/4 bunch fresh mint
 3 tablespoons fresh parsley
 1/2 medium iceberg lettuce
 3 large potatoes
 8 large potatoes
 6 large potatoes

6 large potatoes
 1 medium red chilli
 1 large tomato
 1 large white onion
 1 large white onion
 1 large white onion
 1 large white onion
 50 gms white onion
 3 tbs coconut oil
 2 teaspoons garam masala
 750 grams beef mince
 750 grams chicken breasts
 600 grams chicken breasts
 700 grams chicken mince
 500 grams diced beef
 250 mls beef stock
 1 1/2 cups beef stock
 4 cups bread crumbs
 15 seeds cardamom seeds
 2 tablespoons corn flour
 1 tablespoon curry paste
 2 teaspoons dried coriander
 1/2 cup dukkah
 1 teaspoon ground cinnamon
 1.5 tsp macadamia oil
 1.5 teaspoons minced garlic
 2 tablespoons olive oil
 1 tablespoon olive oil
 3 tablespoons olive oil
 2 tablespoons olive oil
 2 tablespoons oyster sauce
 200 mls pasta sauce
 0.125 cup plain flour
 2 cups plain flour
 1 teaspoon salt
 1 tablespoon soy sauce
 3 tablespoons tomato paste
 140 grams tomato paste
 1/3 cup tomato paste
 200 mls vegetable oil

2 tablespoons vegetable oil
 1 tablespoon worstershire sauce
 2 tablespoons yeast

These ingredients are to make:

Shepherds Pie (Monday)
 Slow Cooker Butter Chicken (Tuesday)
 Green Veggie Recipe (Tuesday)
 Dukkah crusted salmon with crunchy potatoes and garlic spinach (Wednesday)
 Slow Cooker Beef Stroganoff (Thursday)
 Home Made Pizzas (Friday)
 Sang Choy Bow (Saturday)
 Chicken Schnitzel and Steamed Vegetables (Sunday)

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