

270 mls coconut milk
 8 small dinner bread rolls
 75 grams butter
 6 large eggs
 12 large eggs
 100 mls milk
 500 mls sour cream
 150 mls sour cream
 150 grams tasty cheese (grated)
 200 grams tasty cheese (grated)
 100 grams tasty cheese (grated)
 12 rashers bacon (shortcut rindless)
 200 grams frozen peas
 5 sheets puff pastry
 360 grams baby spinach
 4 large pieces broccoli
 2 bunches broccolini
 1 large brown onion
 3 large carrots
 4 large carrots
 2 large (grated) carrots
 8 medium carrots
 2 large carrots
 6 large corn
 4 large corn
 2 cloves fresh garlic
 1 clove fresh garlic
 3 cloves 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 large 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)
 1/2 cup chia seeds
 3 tbs coconut oil
 3 tbs coconut oil
 1/2 cup linseed
 1/2 cup pumpkin seeds
 500 grams beef mince
 750 grams chicken breasts
 1 kg chicken breasts
 700 grams chicken mince
 1.5 kilograms chicken wings
 500 grams lamb strips
 14 chickwn sausages
 1/4 tsp Himalayan pink salt
 1.5 tsp Himalayan pink salt
 3 tsp arrowroot powder
 4 cups bread crumbs
 1/3 cup chicken stock
 1 cup desiccated coconut
 2 teaspoons dried cayene pepper
 2 tablespoons olive oil
 2 tablespoons olive oil
 1 tablespoon olive oil
 3 tablespoons olive oil
 2 tablespoons oyster sauce
 500 mls pasta sauce
 3 tablespoons peanut butter
 3 tablespoons plain flour
 3/4 cups rice malt syrup
 5 teaspoons soy sauce
 1 tablespoon soy sauce
 1 tablespoon sweet chilli sauce
 1 packet taco mix

1/2 cup tahini
 3 tbs tamari soy sauce
 1 tablespoon tomato sauce
 200 mls vegetable oil
 1 tablespoon worstershire sauce
 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)
 Slow Cooker Satay (Saturday)
 Sautéed baby spinach (Saturday)
 Chicken Schnitzel and Steamed Vegetables (Sunday)
 Egg and Bacon Tarts (Sunday)
 Sesame seed slice (Sunday)

This app was made for <http://planningwithkids.com> by <http://ventiv.com.au>