

400 mls coconut milk
 50 grams butter
 100 grams feta cheese
 125 mls light sour cream
 250 grams mozzarella cheese (grated)
 250 grams tasty cheese (grated)
 1 cup yoghurt
 500 grams salmon fillets
 200 grams shredded ham
 200 grams sun dried tomatoes
 2 cups frozen peas
 250 mls water
 187.5 mls water
 1 tbsp water
 60 gms baby spinach
 240 grams baby spinach
 1 small broccoli
 280 gms broccoli
 4 large carrots
 3 large carrots
 4 large corn
 1 bunch fresh basil
 3 tablespoons fresh basil
 3 cloves fresh garlic
 1 clove fresh garlic
 1 clove fresh garlic
 2 cloves fresh garlic
 1 teaspoon finely chopped ginger (or ½ tsp ground) fresh ginger
 1 small iceberg lettuce
 1 large lemon
 0.5 bunch mint leaves
 8 large potatoes
 6 large potatoes
 3 stalks spring onions
 1 large tomato
 2 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
 1 tbsp coconut oil
 1 teaspoon dried oregano
 0.75 cup slivered almonds
 2 teaspoons garam masala
 500 grams beef mince
 750 grams beef strips
 600 grams chicken breasts
 600 grams chicken breasts
 12 thin sausages
 3 tsp arrowroot powder
 15 seeds cardamom seeds
 1 tablespoon curry paste
 3 tablespoons dried chilli
 2 teaspoons dried coriander
 1/2 cup dukkah
 1 teaspoon ground cinnamon
 2 teaspoons ground cumin
 1.5 tablespoons ground cumin
 1/4 cup honey
 1.5 tsp macadamia oil
 1 tin oil olive spray
 2 tablespoons olive oil
 1 tablespoon olive oil
 2 tablespoons olive oil
 200 mls pasta sauce
 2 cups plain flour
 4 tablespoons plain flour
 1 teaspoon salt
 3 tablespoons salt
 1/3 cup sesame seeds
 12 large taco shells
 1/4 cup tamari soy sauce
 425 grams tinned tomatoes (diced)
 140 grams tomato paste

2 tablespoons vegetable oil
 2 tablespoons yeast
 1 cup basmati rice
 1.5 cups white rice

These ingredients are to make:

Sausages and Steamed Vegetables (Monday)
 Moroccan Minted Beef (Tuesday)
 Slow cooker honey sesame chicken (gluten free) (Wednesday)
 Dukkah crusted salmon with crunchy potatoes and garlic spinach (Thursday)
 Home Made Pizzas (Friday)
 Slow Cooker Butter Chicken (Saturday)
 Green Veggie Recipe (Saturday)
 Tacos - Homemade Seasoning (Sunday)

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