

6 large eggs  
 125 mls light sour cream  
 200 grams tasty cheese  
 200 grams frozen peas  
 200 grams frozen peas  
 187.5 mls water  
 0.25 cup water  
 60 gms baby spinach  
 250 grams baby spinach  
 1 small broccoli  
 280 gms broccoli  
 2 bunches broccolini  
 1 large brown onion  
 500 grams butternut pumpkin  
 2 kg butternut pumpkin  
 3 large carrots  
 3 large carrots  
 3 large carrots  
 3 large carrots  
 2 large carrots  
 4 sticks celery  
 4 large corn  
 1 large cucumber  
 1 clove fresh garlic  
 2 cloves fresh garlic  
 4 cloves fresh garlic  
 1 clove fresh garlic  
 3 cloves fresh garlic  
 3 cms fresh ginger  
 1 large iceberg lettuce  
 1 small iceberg lettuce  
 8 large potatoes  
 1 large red capsicum  
 1 large red capsicum  
 125 grams snow peas  
 2 large tomato  
 2 large tomato  
 1 large white onion  
 50 gms white onion  
 75 grams almonds (raw)

1 cup cashews (raw)  
 3 tbsp coconut oil  
 1 teaspoon dried oregano  
 500 grams beef mince  
 500 grams beef mince  
 1 boneless piece beef topside  
 500 grams chicken breasts  
 750 grams chicken breasts  
 1 kg chicken breasts  
 16 large lamb chops  
 3 tsp arrowroot powder  
 1/2 cup balsamic vinegar  
 2 tablespoons balsamic vinegar  
 1 cup beef stock  
 425 grams beetroot (canned)  
 4 cups bread crumbs  
 0.06 teaspoon brown sugar  
 1/3 cup chicken stock  
 410 grams corn kernels  
 3 tablespoons dried chilli  
 1.5 tablespoons ground cumin  
 8 tablespoons honey  
 1 tbsp honey  
 1/4 cup honey  
 1.5 tsp macadamia oil  
 2 tbsp oil olive spray  
 2 tablespoons olive oil  
 2 tablespoons olive oil  
 1 tablespoon olive oil  
 1 tablespoon olive oil  
 4 tablespoons plain flour  
 3 tablespoons salt  
 1 teaspoon salt  
 2 tsp salt flakes  
 8 tablespoons soy sauce  
 1 tbsp soy sauce  
 12 large taco shells  
 3 tbsp tamari soy sauce  
 400 grams tinned tomatoes  
 (diced)

4 tablespoons tomato paste  
 200 mls vegetable oil  
 6 tablespoons vegetable oil  
 2 teaspoons worstershire sauce  
 1 tbsp worstershire sauce

These ingredients are to make:

Chicken Schnitzel and Steamed  
 Vegetables (Monday)  
 Chicken, cashew and ginger stir  
 fry (Tuesday)  
 Slow Cooker Balsamic Beef  
 (Wednesday)  
 Roast Pumpkin Salad With  
 Balsamic Dressing  
 (Wednesday)  
 Lamb Chops and Steamed  
 Vegetables (Thursday)  
 Marinated Chicken Sticks and  
 Salad (Friday)  
 Slow Cooker Spaghetti  
 Bolognese (Saturday)  
 Green Veggie Recipe  
 (Saturday)  
 Tacos - Homemade Seasoning  
 (Sunday)

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