

270 mls coconut milk	1 medium red chilli	500 mls pasta sauce
6 large bread rolls	8 sticks spring onions	3 tablespoons peanut butter
600 mls cream	6 sticks spring onions	0.125 cup plain flour
1 large eggs	8 stalks spring onions	3 tablespoons plain flour
8 large eggs	3 large (900 grams) sweet potato	5 teaspoons soy sauce
125 cups parmesan cheese (grated)	2 large tomato	1 tablespoon soy sauce
500 mls sour cream	2 large tomato	3 tablespoons sweet chilli sauce
200 grams tasty cheese	2 large tomato	1 tablespoon sweet chilli sauce
150 grams tasty cheese (grated)	1 large white onion	1 packet taco mix
150 grams tasty cheese (grated)	1 large white onion	3 tablespoons tomato sauce
8 rashers bacon (shortcut rindless)	1 large white onion	1 tablespoon tomato sauce
8 rash bacon (shortcut rindless)	1 tsp coconut oil	1 tablespoon worstershire sauce
360 grams baby spinach	3 tbs coconut oil	1 tablespoon worstershire sauce
4 large carrots	500 grams beef mince	500 grams fettuccine pasta
3 large carrots	500 grams beef mince	2 cups rice
4 large carrots	2 kg boneless beef	500 grams spaghetti
3 large carrots	700 grams chicken mince	3 cups white rice
2 large (grated) carrots	500 grams lamb strips	
3 sticks celery	12 thin sausages	These ingredients are to make:
4 sticks celery	1 tsp Himalayan pink salt	Mexibake (Monday)
1 small cucumber	1.5 tsp Himalayan pink salt	Slow Cooker Satay (Tuesday)
1 medium cucumber	1/2 cup balsamic vinegar	Sautéed baby spinach (Tuesday)
2 cloves fresh garlic	425 grams beetroot (canned)	Slow cooker shredded beef (Wednesday)
1 clove fresh garlic	425 grams beetroot (canned)	Sweet Potato Gratin (Dairy Free) (Wednesday)
2 cloves fresh garlic	1 cup bread crumbs	Pasta Carbonara (Thursday)
2 - 3 cloves fresh garlic	400 mls coconut cream	Fried Rice (Thursday)
3 cloves fresh garlic	425 grams corn kernels	Sausages and Salad (Friday)
1/2 teaspoon fresh ginger	2 teaspoons dried cayene pepper	Sang Choy Bow (Saturday)
1/4 bunch fresh mint	1 tsp dried cumin	Homemade Hamburgers and Chunky Chips (Sunday)
1 large green capsicum	1/2 cup maple syrup	
1 large iceberg lettuce	3 teaspoons minced garlic	This app was made
1/2 medium iceberg lettuce	2 tablespoons olive oil	for http://planningwithkids.com
10 large potatoes	4 tablespoons olive oil	by http://ventiv.com.au
1 large red capsicum	2 tablespoons olive oil	
1 large red capsicum	1 tablespoon olive oil	
1 large red capsicum	3 tablespoons olive oil	
1 large red capsicum	3 tablespoons olive oil	
1 large red capsicum	2 tablespoons oyster sauce	