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| 270 mls coconut milk | 2 large tomato | (nori) |
| 60 grams butter | 1 large white onion | 1 tablespoon tomato sauce |
| 3 large eggs | 1.25 tablespoons dried oregano | 1 packet tortillas burritos |
| 125 mls light sour cream | 1 teaspoon dried oregano | 95 grams tuna in springwater |
| 200 grams tasty cheese | 1/2 cup linseed | 1 teaspoon vanilla essence |
| 100 grams tasty cheese | 1/3 cup pepitas | 15 grams (optional) wasabi paste |
| 4 large fresh fish fillets | 1/4 cup (uncooked) quinoa | 1 tablespoon worstershire sauce |
| 175 mls tzatziki | 500 grams beef mince | 3 cups (rice cooker measuring cups) sushi rice |
| 2 cups frozen peas | 500 grams chicken breasts | 2 cups white rice |
| 6 Sheets puff pastry | 500 grams lamb strips | |
| 187.5 mls water | 500 grams lamb strips | |
| 3 cups (rice cooker measuring cups) water | 12 thin sausages | These ingredients are to make: |
| 3/4 cup water | 425 grams beetroot (canned) | Tacos - Homemade Seasoning (Monday) |
| 1 medium avocado | 0.5 teaspoon black cracked pepper | Sausages and Steamed Vegetables (Tuesday) |
| 1 small broccoli | 0.5 cup chutney | Left Over Meat Recipe (Tuesday) |
| 1 large brown onion | 1/2 cup dark chocolate chips | Quinoa Snack Balls (Tuesday) |
| 4 large carrots | 1/4 cup desiccated coconut | Souvlaki (Wednesday) |
| 3 large carrots | 3 tablespoons dried chilli | Spicy Chutney Chicken With Mixed Rice (Thursday) |
| 3 large carrots | 1 teaspoon ground coriander | Slow Cooker Satay (Friday) |
| 3 large carrots | 1 teaspoon ground cumin | Pan Fried Fish with Salad (Saturday) |
| 4 large carrots | 1.5 tablespoons ground cumin | Sushi (Sunday) |
| 3 medium carrots | 100 mls honey | |
| 4 sticks celery | 1 tin oil olive spray | |
| 4 large corn | 2 tablespoons olive oil | |
| 1 large cucumber | 2 tablespoons olive oil | |
| 0.5 large cucumber | 1 tablespoon olive oil | |
| 1 medium cucumber | 3 tablespoons peanut butter | |
| 3 cloves fresh garlic | 4 tablespoons plain flour | |
| 2 cloves fresh garlic | 4 tablespoons plain flour | |
| 1 large iceberg lettuce | 3 tablespoons plain flour | |
| 0.5 small iceberg lettuce | 1/3 cup rice vinegar | |
| 1 small iceberg lettuce | 1 cup rolled oats | |
| 2 tablespoons lemon juice | 3 tablespoons salt | |
| 100 grams pine nuts | 1/4 teaspoon salt | |
| 8 large potatoes | 0.5 teaspoon sea salt | |
| 1 large red capsicum | 5 teaspoons soy sauce | |
| 1 large red capsicum | 100 mls (optional) soy sauce | |
| 1 large red capsicum | 1 tablespoon sweet chilli sauce | |
| 1 medium red capsicum | 12 large taco shells | |
| 2 large tomato | 0.5 cup tartare sauce | |
| 2 large tomato | 6 sheets toasted seaweed sheets | |

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