

80 grams butter
 200 mls cream
 125 mls light sour cream
 2 3/4 cups milk
 50 grams parmesan cheese
 4 tablespoons sour cream
 2 1/2 cups tasty cheese (grated)
 300 grams bacon (shortcut rindless)
 2 cups frozen peas
 187.5 mls water
 4 tablespoons water
 3 cups (rice cooker measuring cups) water
 1 medium avocado
 3 medium beetroot
 1 small broccoli
 4 large carrots
 3 large carrots
 3 medium carrots
 4 large corn
 1 medium cucumber
 3 cloves fresh garlic
 3 colves fresh garlic
 1 small iceberg lettuce
 1 large lemon
 8 large potatoes
 1/4 large purple cabbage
 1 medium red capsicum
 1 bunch spring onions
 2 large tomato
 1 large white onion
 1 large white onion
 1 teaspoon dried oregano
 500 grams beef mince
 1 kg chicken breasts
 12 thin sausages
 2/3 cup bread crumbs
 1 tablespoon brown sugar
 1 cup chicken stock
 1 tablespoon corn flour
 3 tablespoons dried chilli
 1.5 tablespoons ground

cumin
 1 tin oil olive spray
 2 tablespoons olive oil
 1 tbsps olive oil
 1 tablespoon olive oil
 4 tablespoons plain flour
 2/3 cup plain flour
 4 tablespoons plain flour
 1/3 cup rice vinegar
 3 tablespoons salt
 1/4 teaspoon salt
 3 teaspoons seeded mustard
 100 mls (optional) soy sauce
 12 large taco shells
 6 sheets toasted seaweed sheets (nori)
 95 grams tuna in springwater
 750 mls vegetable stock
 15 grams (optional) wasabi paste
 500 grams macaroni pasta
 3 cups (rice cooker measuring cups) sushi rice

These ingredients are to make:

Tacos - Homemade Seasoning (Monday)
 Sausages and Steamed Vegetables (Tuesday)
 Slow Cooker Lemon Chicken (Wednesday)
 Macaroni and Cheese (Thursday)
 Beetroot Soup (Friday)
 Sushi (Sunday)

This app was made

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