

400 mls coconut milk	2 teaspoons garam	tomatoes (whole)
50 grams butter	masala	140 grams tomato paste
1 large eggs	500 grams beef mince	2 tablespoons vegetable
125 mls light sour cream	600 grams chicken	oil
1/2 cup tasty cheese	breasts	500 grams spaghetti
(grated)	500 grams chicken mince	
1 cup yoghurt	16 large lamb chops	
8 rashers bacon (shortcut	1 packet Marie biscuits	These ingredients are to
rindless)	1/2 cup bread crumbs	make:
200 grams frozen peas	15 seeds cardamom	
187.5 mls water	seeds	Tacos - Homemade
1 small broccoli	1 tin condensed milk	Seasoning (Monday)
500 grams butternut	1 tablespoon curry paste	Lamb Chops and
pumpkin	1 1/2 cups desiccated	Steamed Vegetables
3 large carrots	coconut	(Tuesday)
3 large carrots	3 tablespoons dried chilli	No Bake Lemon and
1/4 cup fresh coriander	2 teaspoons dried	Coconut Balls (Tuesday)
3 cloves fresh garlic	coriander	Slow Cooker Butter
1 teaspoon finely	1 teaspoon ground	Chicken (Wednesday)
chopped ginger (or 1/2 tsp	cinnamon	Pasta Amatriciana
ground) fresh ginger	1.5 tablespoons ground	(Thursday)
1 small iceberg lettuce	cumin	Chicken Balls (Sunday)
2 tablespoons lemon	1 teaspoon minced chilli	
juice	1 teaspoon minced garlic	
2 teaspoons lemon rind	1 tablespoon olive oil	This app was made
2 large tomato	2 tablespoons olive oil	for <a href="http://planningwithkids">http://planningwithkids</a>
1 large white onion	2 tablespoons olive oil	<a href="http://planningwithkids">.com</a> by <a href="http://ventiv.com">http://ventiv.com</a> .
1 large white onion	4 tablespoons plain flour	<a href="http://ventiv.com">au</a>
1 large white onion	3 tablespoons salt	
1/4 cup chia seeds	1/2 cup sweet chilli sauce	
1 teaspoon dried oregano	12 large taco shells	
	810 grams tinned	