

250 grams butter	8 large potatoes	4 teaspoons soy sauce
6 large eggs	1 large red capsicum	4 tablespoons sweet chilli sauce
100 grams feta cheese	6 sticks spring onions	3 tablespoons tomato paste
250 grams mozzarella cheese (grated)	1 large tomato	1 packet tortillas burritos
75 grams parmesan cheese	2 large tomato	200 mls vegetable oil
300 mls sour cream	1 large white onion	2 cups wholemeal self raising flour
250 grams tasty cheese (grated)	3 large zucchini	2 tablespoons yeast
150 grams yoghurt	1/2 cup chia seeds	500 grams curly fettucine pasta
200 grams shredded ham	1/2 cup pepitas	100 grams pasta soup
200 grams sun dried tomatoes	4 tablespoons golden syrup	
200 grams frozen peas	750 grams chicken breasts	These ingredients are to make:
250 mls water	2 large chicken breasts	Chicken Wraps – Easy Sweet Chilli (Monday)
2 tablespoons boiling water	4 large chicken breasts	Chicken Schnitzel and Steamed Vegetables (Tuesday)
3 large carrots	500 grams diced beef	Oat and Seed Lunchbox Slice (Tuesday)
3 large carrots	250 mls beef stock	Slow Cooker Beef Stroganoff (Wednesday)
4 large carrots	1 teaspoon bicarbonate of soda	Vegetarian pasta (Thursday)
3 large carrots	4 cups bread crumbs	Slow Cooker Chicken Noodle Soup (Friday)
3 large carrots	1 1/3 cup brown sugar	Home Made Pizzas (Sunday)
4 large corn	5 cups chicken stock	
1/2 medium cucumber	2 cups desiccated coconut	This app was made for <a href="http://planningwithkids.com">http://planningwithkids.com</a> by <a href="http://ventiv.com.au">http://ventiv.com.au</a>
1 bunch fresh basil	1 tablespoon dried coriander	
3 tablespoons fresh basil	1.5 teaspoons minced garlic	
2 tablespoons fresh basil	2 tablespoons olive oil	
2 cloves fresh garlic	1 tablespoon olive oil	
1.5 tablespoons fresh parsley	1 tablespoon olive oil	
2 tablespoons fresh parsley	2 tablespoons olive oil	
1/2 large iceberg lettuce	200 mls pasta sauce	
1 large lemon	0.125 cup plain flour	
50 grams pine nuts	2 cups plain flour	
3 large potatoes	1 3/4 cups rolled oats	
	1 teaspoon salt	