

12 standard english muffins	1 large red capsicum	0.5 teaspoon sea salt
8 slices sliced bread	20 large snow peas	3 cups plus 2tbs self raising flour
4 tablespoons butter	6 sticks spring onions	2 tablespoons soy sauce
15 grams butter	2 large tomato	3 tablespoons sweet chilli sauce
12 large eggs	2 large tomato	400 grams tinned tomatoes (diced)
4 large eggs	4 large tomato	4 tablespoons tomato paste
12 large eggs	2 large white onion	810 grams tomato soup
200 grams tasty cheese	1.25 tablespoons dried oregano	1 packet tortillas burritos
200 grams tasty cheese	500 grams beef mince	0.5 teaspoon vanilla essence
75 grams tasty cheese	500 grams beef strips	250 mls vegetable oil
12 rashers bacon (shortcut rindless)	500 grams lamb strips	2 teaspoons worstershire sauce
175 mls tzaziki	2 kilograms leg of lamb	2 cups white rice
0.25 cup water	12 thin sausages	
5 medium banana	2 tablespoons balsamic vinegar	<b>These ingredients are to make:</b>
1 large brown onion	250 mls beef stock	Slow Cooker Roast Lamb (Monday)
1 large brown onion	425 grams beetroot (canned)	Souvlaki (Tuesday)
2 kilograms butternut pumpkin	1 teaspoon bicarbonate of soda	Banana Cake (Tuesday)
3 large carrots	0.5 teaspoon black cracked pepper	Lunch Box Egg and Bacon Muffins (Tuesday)
3 large carrots	0.06 teaspoon brown sugar	Sausages and Salad (Wednesday)
3 large carrots	1.5 cups caster sugar	Slow Cooker Spaghetti Bolognese (Thursday)
5 large carrots	2 tablespoons corn flour	Roast Pumpkin Salad (Friday)
4 sticks celery	425 grams corn kernels	Beef Stir Fry (Saturday)
1 small cucumber	1 teaspoon dried ginger	Scrambled Eggs with Tomatoes (Sunday)
1 large cucumber	1 teaspoon ground coriander	
1 medium cucumber	3 tablespoons honey	
3 tablespoons fresh chives	0.25 cup honey	
3 cloves fresh garlic	1 teaspoon minced garlic	
1 clove fresh garlic	1 tin oil olive spray	
1 large iceberg lettuce	2 tablespoons olive oil	
2 tablespoons lemon juice	1 tablespoon olive oil	
0.25 cup mint leaves	2 tablespoons olive oil	
2 cups peas	1 tablespoon olive oil	
0.5 cup pine nuts	1 teaspoon salt	
8 large potatoes	2 teaspoons salt flakes	
1 large red capsicum		
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