

12 standard english muffins	1 large red capsicum	12 large taco shells
8 slices sliced bread	1 large red capsicum	425 grams tinned tomatoes (diced)
4 tablespoons butter	1 large red capsicum	400 gms tinned tomatoes (diced)
3 tablespoons butter	6 sticks spring onions	140 gms tomato paste
15 grams butter	2 large tomato	2 cups rice
12 large eggs	4 large tomato	1.5 cups white rice
8 large eggs	2 large tomato	250 grams marshmallows
12 large eggs	1 large white onion	
125 mls light sour cream	1 large white onion	
200 grams tasty cheese	1 large white onion	
75 grams tasty cheese	4 medium zucchini	These ingredients are to make:
8 rash bacon (shortcut rindless)	1 teaspoon dried oregano	Sausages and Salad (Monday)
12 rashers bacon (shortcut rindless)	0.75 cup slivered almonds	Tacos - Homemade Seasoning (Tuesday)
187.5 mls water	500 grams beef mince	Rice Bubble Slice (Tuesday)
1/4 cup water	500 gms premium beef mince	Lunch Box Egg and Bacon Muffins (Tuesday)
3 large carrots	750 grams beef strips	Pan Fried Chicken and Salad (Wednesday)
3 large carrots	1 kg chicken breasts	Moroccan Minted Beef (Thursday)
3 large carrots	12 thin sausages	Fried Rice (Friday)
3 large carrots	425 grams beetroot (canned)	Zucchini Bolognese (Saturday)
4 sticks celery	425 grams corn kernels	Scrambled Eggs with Tomatoes (Sunday)
4 sticks celery	3 tablespoons dried chilli	
1 small cucumber	1/2 cup garlic aoli (homemade)	
1 medium cucumber	2 teaspoons ground cumin	
1/2 large cucumber	1.5 tablespoons ground cumin	
3 tablespoons fresh chives	2 tbsp macadamia oil	
3 cloves fresh garlic	2 tablespoons olive oil	
1 small iceberg lettuce	2 tablespoons olive oil	
1/2 large iceberg lettuce	3 tablespoons olive oil	
1 large lemon	4 tablespoons plain flour	
0.5 bunch mint leaves	6 cups rice bubbles	
1 large red capsicum	3 tablespoons salt	
	1 tsp salt	

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