8 small dinner bread rolls
50 grams butter
600 mls cream
1 large eggs
125 cups parmesan cheese (grated)
150 mls sour cream
200 grams tasty cheese (grated)
150 grams yoghurt
8 rashers bacon (shortcut rindless)
200 grams frozen peas
200 grams frozen peas
1/4 cup water
1 small broccoli
1 small broccoli
500 grams butternut pumpkin
500 grams butternut pumpkin
3 large carrots
4 large carrots
3 large carrots
3 large carrots
6 large corn
1/2 medium cucumber
3 cloves fresh garlic
1/2 large iceberg lettuce
8 large potatoes
8 large potatoes
1 large red capsicum
1 large red capsicum
20 large snow peas
6 sticks spring onions
8 sticks spring onions
2 large tomato
1 large white onion
1 large white onion
4 medium zucchini
500 gms premium beef mince
500 grams beef strips
4 large chicken breasts
1.5 kilograms chicken wings
16 large lamb chops
1 large whole chicken
250 mls beef stock
1 1/2 cups bread crumbs
250 mls chicken stock
2 tablespoons corn flour
2 tablespoons corn flour
1 tablespoon dried coriander
1 teaspoon dried ginger
1 tablespoon dried parsley
1 teaspoon ground coriander
3 tablespoons honey
2 tbsp macadamia oil
1 teaspoon minced garlic
3 teaspoons minced garlic
2 tablespoons olive oil
2 tablespoons olive oil
2 tablespoons olive oil
2 tablespoons olive oil
1 tablespoon olive oil
0.125 cup plain flour
1 tsp salt
2 tablespoons soy sauce
4 teaspoons soy sauce
3 tablespoons sweet chilli sauce
4 tablespoons sweet chilli sauce
400 gms tinned tomatoes (diced)
140 gms tomato paste
1 packet tortillas burritos
500 grams fettuccine pasta
2 cups white rice

These ingredients are to make:

Beef Stir Fry (Monday)
Chicken Wraps – Easy Sweet Chilli (Tuesday)
Lamb Chops and Steamed Vegetables (Wednesday)
Zucchini Bolognese (Thursday)
Pasta Carbonara (Friday)
Chicken Wings with Baked Potatoes and Corn (Saturday)
Roast Chicken and Vegetables (Sunday)

This app was made for http://planningwithkids.com by http://ventiv.com.au