



Week 1 shopping list

HAM AND EGG CUPS

- 16 slices deli ham
- 8 eggs
- pre-chopped Mushrooms (handful)
- Cherry Tomatoes (small container)
- Sea salt and Pepper*
- Chives

* Items Marked with an asterisk are pantry items. Check the pantry before you do the shopping so you don't buy more than you need!

LOADED AVOCADO HALVES

- 500g lean mince beef
- chili powder*
- Sea salt*
- Cumin*
- Dried oregano*
- Garlic powder*
- Onion powder*
- 100g tomatoes (diced)
- 3 avocados halved
- Cherry tomatoes (small container)
- Iceberg lettuce (small)

HONEY LEMON CHICKEN

- Whole chicken
- Olive oil*
- Honey*
- Sea salt*
- 3 lemons
- 2 medium onions
- 1 head garlic

Please note that this menu has not been created by our dietician and it's suggested you carefully consider that the ingredients in any meal you prepare from the menu is suitable for your personal circumstances.