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Maty's menu

WEEK 3:

Baked Oatmeal

5-6 SERVINGS

INGREDIENTS:

- ☐ 5 cups rolled oats (not instant...rolled oats are where the health benefits are)
- ☐ 2 cups milk Almond Milk
- ☐ 4 large eggs
- ☐ 3/4 cup honey
- ☐ 1 Table spoon Baking Powder
- ☐ 1 Tea spoon Cinnamon
- ☐ 1 pinch of salt
- ☐ 1 Tea spoon Vanilla Extract
- ☐ 1/2 cup raisins (optional)
- ☐ Seasonal fruit

METHOD:

1: Preheat oven to 180 degrees
2: Mix all ingredients together and pour into a 9×13 baking pan or cupcake trays
3: Bake for 35 minutes or until golden brown.

TIP: This reheats well.

NOTE: 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 are suitable for your personal circumstances.

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Maty's menu

WEEK 3:

Chicken & Avo Salad

1+ SERVING

INGREDIENTS:

- ☐ 1 Chicken breast – pre-cooked (You can grab a whole or half cooked chicken from your supermarket and keep the rest for other meals)
- ☐ 1/2 Avocado
- ☐ Red onion (1/4 diced)
- ☐ Small can of corn kernels
- ☐ 1 lemon cut into quarters
- ☐ Salt pepper

METHOD:

1: Chop all ingredients into small pieces
2: Combine all ingredients in your bowl
3: Squeeze a quarter of lemon, add a pinch of salt and pepper and toss to coat
3: ENJOY!

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Maty's menu

WEEK 3:

Mac Chicken

1-2 SERVINGS

INGREDIENTS:

- ☐ 180g chicken breast
- ☐ Macadamia nuts (handful)
- ☐ Small bag of mixed lettuce
- ☐ Macadamia oil
- ☐ Salt & pepper

METHOD:

1: Preheat oven on 180degrees
2: Line macadamia oil in baking tray
3: Slice chicken horizontally to make 2 thinner peices from each breast, then place sliced chicken in baking tray and flip each piece to cover in oil
4: Chop Macadamia nuts & sprinkle over each piece of chicken
5: Cook in oven for roughly 20mins or until cooked through – I like it slightly browned
6: While chicken is cooking, place a drizzle of macadamia oil with a pinch of salt and pepper in a medium bowl, add your mixed lettuce and toss to coat.
7: Divide chicken and lettuce onto plate(s) if you're sharing – Enjoy!

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