



Maty's
menu

Week 3 shopping list

BAKED OATMEAL

- ☐ 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

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

CHICKEN & AVO SALAD

- ☐ 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*

MAC CHICKEN

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

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.