



Maty's
menu

Week 4 shopping list

ZUCCHINI SLICE

- ☐ 2 large zucchini **grated**
- ☐ 3 spring onions **sliced**
- ☐ 60g baby spinach **shredded**
- ☐ 1/2 cup **grated** cheese
- ☐ 4 rashers bacon **chopped**
- ☐ 3 cloves garlic (2 tbs if using a jar)*
- ☐ Pepper to taste*
- ☐ 5 eggs **whisked**
- ☐ 1/2 cup Self raising flour*

* 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!

LAMB, ROCKET & FETTA BALLS

- ☐ 500g Lamb Mince
- ☐ 80g Feta Crumbled
- ☐ Tomato Paste – 1 Tablespoon*
- ☐ 1/3 Cup Grated Parmesan*
- ☐ 1 ½ Cups Rocket finely chopped
- ☐ 1 egg
- ☐ Wholemeal breadcrumbs*
- ☐ Pepper to season*

MAC CHICKEN

- ☐ Fresh Atlantic Salmon (1 serve)
- ☐ Cajun spice (Masterfoods is good)*
- ☐ Macadamia oil*
- ☐ Baby Spinach leaves (handful)
- ☐ Cherry tomatoes (1/2 punnet)
- ☐ Red onion (1/4)
- ☐ Red Capsicum (1/2)
- ☐ Cucumber (1/2)
- ☐ Raw Cashew nuts (handful)
- ☐ 1 x lemon
- ☐ Apple Cider Vinegar (1 tablespoon)*

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.