

**WEEK 7:**

# Lemon, chia seed Parfaits

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**4 SERVINGS**

**INGREDIENTS:**

- 2 cups reduced-fat plain Greek yogurt
- 1/4 cup honey
- 2 tablespoons lemon juice
- 2 teaspoons grated lemon zest
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 cup fresh or frozen raspberries
- 1 cup fresh or frozen blueberries

**METHOD:**

- 1:** Combine the first 6 ingredients (everything but the berries).
- 2:** Layer the yogurt mixture into 4 small glasses or custard cups so it fills roughly one quarter of the cup.
- 3:** Add a layer of berries so the cup is now half full
- 4:** Repeat layers until cup is full for each of your four cups.

**TIP:** Depending on the cups you're using, you may choose to do just one layer of each. these can be refrigerated for a few hours, but they're best eaten fresh!

*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.*

**WEEK 7:**

# Chickpea Patties

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**4 SERVINGS**

**INGREDIENTS:**

- 425g Chickpea can
- 1 x sweet potato
- 1/3 cup almond meal
- 1tsb chives, finely chopped
- 1tsb coconut oil

**METHOD:**

- 1:** Peel and grate sweet potato and combine with chickpeas and chives in a large bowl
- 2:** Add almond meal to a second smaller bowl and set aside
- 3:** Form chickpea mixture into 4cm balls and roll in almond meal to coat them fully
- 4:** Heat oil over medium heat in frypan.
- 5:** Brown Patties on both sides
- 6:** Place patties on paper towel to remove any excess oil
- 7:** Serve warm and enjoy

**TIP:** These can make great burger patties, just grab some nice rolls, salad mix, sliced tomato and a little bit of light mayonaise!

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**WEEK 7:**

# Sweet Sheppard's Pie



**4-5 SERVINGS**

**INGREDIENTS:**

- 500g turkey mince
- 1 x sweet potato
- 1/2 onion
- Frozen peas
- 1 small can of corn kernels
- 1 x carrot
- 400g tin tomatoes
- 1 clove of garlic
- Tsp mixed spice
- Himalayan salt
- pepper

**METHOD:**

- 1:** Preheat oven to 180degrees
- 2:** Dice onion & carrot, crush or chop garlic
- 3:** Peel and chop sweet potato into 2cm cubes
- 4:** Add onion and garlic to a pan on medium-high heat with a drizzle of oil (olive oil or coconut oil) cook for 1-2 mins.
- 5:** Add mince and cook until browned
- 6:** Bring a medium pot of water to the boil
- 7:** Add sweet potato to boiling water and cook until tender (a fork should go right through)
- 8:** Drain sweet potato in a colander, and place back into pot for mashing. Mash until smooth
- 9:** Add peas, corn, carrots, tomatoes, spice and salt to mince pan & cook for 3 mins
- 10:** Place mince mixture into a large baking dish, spread sweet potato on top & place in oven for 15minutes – Serve with a large spoon

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