



Week 7 shopping list

LEMON, CHIA SEED PARFAITS

- 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

* 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!

CHICKPEA PATTIES

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

SWEET SHEPPARD'S PIE

- 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*

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.