able digital wellness

Maty's menu
Week 12 shopping list

BANANA BAKED

- [ ] 2 bananas, keep skin on
- [ ] 30 grams dark chocolate buttons
- [ ] 1 tablespoon chopped nuts such as almonds or macadamia (ensuring you're not allergic)
- [ ] 2 tablespoons reduced fat plain yoghurt, to serve

* 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!

MMMUESLI

INGREDIENTS:

- [ ] 3 cups rolled oats
- [ ] ½ cup bran (pellets or flakes)
- [ ] ½ cup almonds, flaked or slivered
- [ ] ½ cup pumpkin seeds
- [ ] ½ cup sunflower seeds
- [ ] ½ cup sultanas
- [ ] ½ cup dried cranberries
- [ ] ⅓ cup coconut, desiccated or shredded, optional

LEBANESE GRILLED FISH

- [ ] 2 corn cobs
- [ ] 2 medium tomatoes
- [ ] 1 Lebanese cucumber
- [ ] 1 avocado
- [ ] 1 red capsicum
- [ ] ½ small red onion
- [ ] 1 long red chilli (optional)
- [ ] 2 tablespoons coriander
- [ ] 2 limes (half for juice, quartered for serving)
- [ ] olive or canola oil spray
- [ ] 4 x 120g firm white fish fillets

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.