



## Week 8 shopping list

### MOROCCAN DIP AND STICKS

- ☐ ½ cucumber, cut into sticks
- ☐ 4 celery stalks, cut into sticks
- ☐ 2 carrots, grated
- ☐ 1 tsp. olive oil\*
- ☐ 2 ½ cups natural Greek yoghurt
- ☐ 1 garlic clove, crushed
- ☐ Pinch cumin\*
- ☐ Pinch turmeric\*
- ☐ Himalayan pink salt\*

\* 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 & HALOUMI SALAD

- ☐ 50g Haloumi cheese, sliced
- ☐ 200g lamb strips
- ☐ 3 cups rocket leaves
- ☐ 1 red onion, sliced
- ☐ 1 zucchini, sliced
- ☐ 2 garlic cloves, crushed
- ☐ 2 tbsp. pine nuts
- ☐ 1 tbsp. rosemary\*
- ☐ 1 tsp. butter\*

#### Dressing

- ☐ 1 tbsp. olive oil\*
- ☐ 4 tbsp. balsamic vinegar\*

### MIDDLE EASTERN BEEF BOWL

- ☐ 200g beef strips
- ☐ ½ cup chickpeas, drained & rinsed
- ☐ ½ cucumber diced
- ☐ 1 tomato diced
- ☐ 2 cups rocket
- ☐ 8 olives
- ☐ 1 tsp. coconut oil\*
- ☐ 1 tsp. cumin\*

#### Yogurt dressing

- ☐ 1 cup Greek yoghurt\*
- ☐ 1 Tbsp. dried mint\*
- ☐ 1 garlic clove, crushed
- ☐ 1 tsp. olive oil\*

*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.*