



*Maty's*  
*menu*

## Week 9 shopping list

### NO BAKE ENERGY BITES

- ☐ 1 cup rolled oats\*
- ☐ ½ cup mini semi-sweet chocolate chips
- ☐ ½ cup ground flax seed\*
- ☐ ½ cup **crunchy peanut butter\***
- ☐ ⅓ cup honey\*
- ☐ 1 teaspoon vanilla extract\*

\* 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!

**Just be aware there is peanuts in this dish – ensure you or anyone else who'll be eating these do not have an allergy.**

### SALMON AND GREENS

- ☐ 2 x 100g salmon fillets
- ☐ 2 cup peas
- ☐ 1 cup snow peas
- ☐ 1 cup green beans
- ☐ 1 red onion, chopped
- ☐ 1.5 Tbsp. wholegrain mustard\*
- ☐ 1.5 Tbsp. olive oil\*
- ☐ 4 Tbsp. fresh lemon juice
- ☐ 2 Tbsp. dried dill\*
- ☐ 2 garlic cloves, crushed

### TURMERIC CHICKEN & CAULIFLOWER

- ☐ 4 cups cauliflower, chopped
- ☐ 250g chicken breast, diced
- ☐ 1 tbsp. turmeric powder\*
- ☐ ½ lemon juiced
- ☐ 1 tbsp. tahini
- ☐ 1 tbsp. olive oil\*
- ☐ 1 garlic clove, crushed
- ☐ 1 tbsp. coconut oil\*
- ☐ 1 tbsp. dried Italian herbs

*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.*