



MEDITERRANEAN FOOD GUIDE

MEAL PLAN, RECIPES
& SHOPPING LIST

MÖDERE.

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MEDITERRANEAN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fruity quinoa porridge	2 Fried eggs in olive oil with 1 cup of baby spinach and ½ an avocado	Vegetable omelette	2 Poached eggs in olive oil with 1 cup of baby spinach and ½ an avocado	1 cup fruit salad with 1 tablespoon of greek yogurt, 1 dessert spoon of slivered almonds and pepitas	Buckwheat pancakes with berries	2 Poached eggs in olive oil with 1 cup of baby spinach and ½ an avocado
MORNING TEA	20g Almonds	1 apple	1 banana	2 sticks celery and ½ cup hummus	20g walnuts	2 kiwi fruit	20g almonds
LUNCH	90g tin of tuna in olive oil, and salad	1 cup of minestrone soup Wholegrain bread roll	Tuscan chicken wrap	90g tin of salmon, and tabouli salad	Meatball souvlaki in pita bread	Quinoa, goats cheese and olive salad	1 cup of minestrone soup Thick slice of ciabatta
AFTERNOON TEA	SUSTAIN Protein Snack	SUSTAIN Protein Snack	SUSTAIN Protein Snack	SUSTAIN Protein Snack	SUSTAIN Protein Snack	SUSTAIN Protein Snack	SUSTAIN Protein Snack
30 MINS BEFORE DINNER	SYNC Fibre Drink	SYNC Fibre Drink	SYNC Fibre Drink	SYNC Fibre Drink	SYNC Fibre Drink	SYNC Fibre Drink	SYNC Fibre Drink
DINNER	Caprese portobello mushrooms	Mediterranean grilled chicken with dill yogurt sauce, and greek salad	Asparagus, rocket, lemon and goats cheese salad	Grilled lamb chops with mint, plus salad	Onion soup with fontina garlic bread	Steamed white fish with roasted vegetables	Garlic prawn skewers with tabouli
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea



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FRUITY QUINOA PORRIDGE

INGREDIENTS

- ½ cup quinoa
- 1 cup skim milk
- ½ apple - chopped with skin on
- 2 tbsp. sultanas
- ¼ pinch ground cinnamon
- 1 tsp. pure floral honey
- ½ cup warm skim milk, extra to serve

DIRECTIONS

Put the quinoa in a sieve and rinse well under cold running water.

Tip the quinoa into a saucepan, then pour in the milk. Bring to the boil, then reduce the heat and simmer for 5 minutes.

Add the apple, sultanas and cinnamon and simmer for 5-6 minutes, or until all the liquid is absorbed.

Serve the quinoa porridge in a small bowl. Drizzle the honey over the top and serve with the extra skim milk

Serves 2

Recipes from The Low GI Cookbook, Hachette Australia.

VEGETABLE OMELETTE

INGREDIENTS

- ½ tbsp. olive oil
- 1 cup thinly sliced fresh fennel bulb
- ½ cup diced roma tomatoes
- ½ cup diced mushrooms
- 4 eggs

TO SERVE

- pinch of salt
- pinch of pepper
- 2 tbsp. of chopped fresh dill, basil and/or parsley

DIRECTIONS

In a large skillet, heat the olive oil over medium-high heat. Add the fennel and sauté for 5 minutes, until soft.

Add in the tomato and mushrooms and sauté for 3 minutes, until softened.

Whisk the eggs in a large bowl and season with the salt and pepper.

Pour the whisked eggs into the skillet over the vegetables and stir with a heat-proof spoon for 2 minutes. As it starts to set, fold half of it over the other half and turn heat to low until eggs are cooked through.

Top with the dill, basil, or parsley.

Serves 2

Recipe from Malissa Corrie



FRUIT SALAD

INGREDIENTS

- ½ cup blueberries
- ½ cup pear, cut up
- ½ cup green apple
- ½ cup rockmelon

DIRECTIONS

Toss all ingredients in a bowl.

Serves 2

BUCKWHEAT PANCAKES WITH BERRIES

INGREDIENTS

- ½ cup buckwheat flour
- 2 tbsp. wholemeal self-raising flour
- ½ tsp. baking powder
- 2 tsp. raw sugar
- 2 eggs – lightly beaten
- ½ cup milk
- ½ tsp. vanilla essence
- spray oil – for cooking

TO SERVE

- 2 tbsp. plain unsweetened yogurt
- ⅔ cup blueberries

DIRECTIONS

Sift flours and baking powder in a medium bowl; return husks and add sugar.

Make a well in the centre and pour in combined eggs, milk and vanilla; whisk until smooth.

Heat a medium frying pan over medium heat; spray with oil. Pour ¼ cup (60mL) of the mixture into pan; cook for 1-2 minutes per side or until the pancake is golden and cooked through. Repeat.

Top with yoghurt and blueberries.

Serves 2

Recipe from <http://www.gisymbol.com/buckwheat-pancakes-with-berries>





BUCKWHEAT PANCAKES WITH BERRIES

TUNA AND OLIVE SALAD

INGREDIENTS

2 x 90g cans of tuna in olive oil
1 tomato
½ Lebanese cucumber
1 cup of shredded lettuce
8 olives
Juice of ½ lemon
1 tbsp. olive oil

DIRECTIONS

Mix all ingredients together and dress with olive oil and lemon juice.

Serves 2

Recipe from Malissa Corrie

MINISTRONE SOUP

INGREDIENTS

splash of olive oil
1 medium carrot, peeled and roughly chopped
2 celery stalks, trimmed and roughly chopped
2 garlic cloves, thinly sliced
1 small onion roughly chopped
1 small potato, low carb is good, roughly chopped
⅓ tbsp. of tomato puree
130g tin of chopped tomatoes
1 bouquet garni
1 cup of reduced-salt vegetable stock
1 zucchini, trimmed and roughly chopped
⅓ cup soup pasta

TO SERVE

⅓ cup handful fresh flatleaf parsley, leaves finely chopped
30g Parmesan, finely grated

DIRECTIONS

Heat the oil in a large saucepan over a medium heat.

Add the carrots, celery, garlic and onions and fry for 4-5 minutes. Add the potatoes and fry for 4-5 minutes, stirring occasionally, until softened.

Stir in the tomato purée and cook for 1 minute, then add the tomatoes, bouquet garni and stock and bring to the boil. Reduce the heat, then simmer gently for 30 minutes.

Add the zucchini and soup pasta and return to the boil. Reduce the heat, cover the pan with the lid, then simmer for 5-8 minutes, or until the pasta is tender. Discard the bouquet garni.

To serve, ladle the soup into bowls, then sprinkle over the parsley and Parmesan.

Serves 2

Recipe from http://www.bbc.co.uk/food/recipes/healthy_minestrone_soup_64571



TUSCAN CHICKEN WRAP

INGREDIENTS

- 2 tbsp. of fat-free Greek-style yogurt
- 2 tbsp. of chopped fresh basil
- 1 tsp. of lemon juice
- pinch of lemon zest
- 1 cup of diced cooked chicken
- ½ cup of canned white beans (such as cannellini or great northern), rinsed and drained
- ½ cup of chopped celery
- 2 tbsp. of chopped red onion
- 2 whole grain wrap bread

TO SERVE

- 4 leaves of radicchio
- 4 tsp. of prepared tapenade (olive spread)

DIRECTIONS

Stir together the yogurt, basil, lemon juice, and lemon zest in a medium bowl. Stir in the chicken, beans, celery, and onion.

Lay the wrap on a flat surface and spread with the tapenade. Top with the radicchio and chicken mixture. Roll.

Serves 2

Recipe from <http://www.prevention.com/food/cook/healthy-mediterranean-diet-recipes/slide/16>

TABOULI SALAD

INGREDIENTS

- ¼ cup bulgur wheat
- 2 firm roma tomatoes, very finely chopped
- ½ Lebanese cucumber, very finely chopped
- 1 bunch parsley, part of the stems removed, washed and well-dried, very finely chopped
- 6-7 fresh mint leaves, stems removed, washed, well-dried, very finely chopped (optional)
- 2 green onions, white and green parts, very finely chopped
- Pinch of salt
- 1-2 tbsp. lime juice (lemon juice, if you prefer)
- 1-2 tbsp. extra virgin olive oil

DIRECTIONS

Wash the bulgur wheat and soak it in water for 5-7 minute. Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water). Set aside.

Very finely chop the vegetables, herbs and green onions as indicated above. Be sure to place the tomatoes in a colander to drain excess juice.

Place the chopped vegetables, herbs and green onions in a mixing bowl or dish. Add the bulgur and season with salt. Mix gently.

Now add the lime juice and olive oil and mix again.

For best results, cover the tabouli and refrigerate for 30 minutes. Transfer to a serving platter.

Serves 2

www.themediterraneandish.com/tabouli-salad/



MEATBALL SOUVLAKI

INGREDIENTS

MEATBALLS

- 1 egg
- ¼ cup of dried bread crumbs
- ½ tsp. of Dijon mustard
- ¼ tsp. of dried oregano
- pinch of salt
- pinch of ground black pepper
- 200g of lean ground beef or chicken mince

YOGURT SAUCE

- ½ cup of plain low-fat yogurt
- ½ cup of grated Lebanese cucumber
- ½ clove of garlic minced
- 1 tbsp. of dried mint
- pinch of salt
- pinch of ground black pepper

TO SERVE

- 2 wholemeal pita breads
- 1 cup of shredded lettuce
- ½ cup of chopped tomatoes
- 6 thin slices of red onion

DIRECTIONS

Preheat the oven to 200°C. Line a baking sheet with foil.

To make the meatballs: In a large bowl, whisk together the egg, bread crumbs, mustard, oregano, salt, and pepper.

Mix in the ground beef. Shape the mixture into 8 meatballs and place them on the baking sheet.

Bake for 15 minutes, or until the meatballs are no longer pink inside.

To assemble the sandwiches: In a small bowl, combine the yogurt, cucumber, garlic, mint, and salt and pepper to taste.

Lay the pitas on a clean work surface and spread ¼ cup of the yogurt mixture over each.

Sprinkle equal portions of lettuce, tomatoes, and onion over each pita. Top with 4 meatballs each. Fold the pitas in half and serve.

This recipe is great to make ahead of time and assemble as needed. Meat balls can be premade and frozen. Yogurt sauce should be consumed within 3 days and cannot be frozen.

Serves 2

Recipe from <http://www.prevention.com/food/cook/healthy-mediterranean-diet-recipes>



QUINOA, GOATS CHEESE AND OLIVE SALAD

INGREDIENTS

2 cups of cooked quinoa
60g of goat's cheese - crumbled
12 black pitted olives cut into quarters
12 french beans lightly steamed
2 tbsp. of pepitas
½ tbsp. of lemon juice
2 tbsp. of olive oil

DIRECTIONS

Mix all ingredients together and dress with olive oil and lemon juice

Serves 2

Recipe from Malissa Corrie

CAPRESE STYLE PORTOBELLO MUSHROOMS

INGREDIENTS

4 large Portobello mushroom caps, gills removed
12 cherry tomatoes, halved
½ cup shredded mozzarella (bocconcini can also be used)
¼ fresh basil, chopped
2 tbsp. olive oil

DIRECTIONS

Heat oven to 180°C.

Line a baking sheet with foil for easy clean up.

Brush the caps and rims with olive oil on each mushroom.

Slice cherry or grape tomatoes in half, place in a bowl, drizzle with olive oil, add chopped basil, salt and pepper. Let it sit for a few minutes to let the flavours meld.

Place your cheese on the bottom of the mushroom cap, spoon on the tomato basil mixture and bake until cheese melts and mushrooms are cooked but not overcooked, about 15-20 minutes.

Serves 2

Remember not to use a lot of cheese. About a tablespoon per mushroom will give you the flavour without all the calories.

You can also add other things to the fillings like finely diced zucchini, eggplant or cooked onions and garlic.

Recipe from <http://www.prouditaliancook.com/2013/06/caprese-style-portobellos>



GRILLED CHICKEN WITH DILL YOGURT SAUCE

INGREDIENTS

FOR THE DILL GREEK YOGURT SAUCE

½ garlic clove, minced
½ cup chopped fresh dill, stems removed
¾ cup Greek yogurt
½ tbsp. olive oil
Juice of ¼ lemon or lime
Pinch cayenne pepper, optional
Salt, if needed

FOR THE GRILLED CHICKEN

5 garlic cloves, minced
¼ tsp. paprika
¼ tsp. allspice
¼ tsp. ground nutmeg
⅛ tsp. ground green cardamom
Salt and pepper
3 tbsp. olive oil, divided
4 boneless, skinless chicken thighs
1 small size red onion, sliced
Juice of 1-2 lemons

DIRECTIONS

First make the dill Greek yogurt sauce. Combine the minced garlic, fresh dill, yogurt, olive oil, lemon juice and cayenne pepper in a food processor. Run the food processor until all the ingredients are well blended and a smooth thick sauce or dip develops. Test and add salt if needed.

Transfer to a small bowl or container, cover and refrigerate for at least one hour or until ready to use.

In a small bowl, mix together the minced garlic, spices and 3 tbsp. olive oil. Pat the chicken thighs dry and rub each with the garlic-spice mixture.

Place the spiced chicken thighs in a large tray on a bed of sliced red onions with lemon juice and the remaining 2 tbsp. olive oil. Cover and refrigerate for 2-4 hours or overnight.

When ready, heat grill or bbq to medium-high. Place the chicken thighs on the grill. Cover for 5-6 minutes, then turn the chicken over and grill for another 5-6 minutes covered. Check cooked all the way through.

Serve with a side of the dill Greek yogurt dip you prepared earlier!

To complete this light meal, add small Greek salad.

Serves 2

Recipe from www.themediterraneanandish.com

GREEK SALAD

INGREDIENTS

½ cup red onions, thinly sliced
1 cup Lebanese cucumber, chopped 1 cm thick
6 pcs cherry tomatoes, halved
8 kalamatta olives
¼ cup dill, chopped
¼ cup fresh mint leaves, chopped
½ green capsicum, cut 2 cm thick
½ tbsp. red wine vinegar
2 tbsp. olive oil
pinch of Himalayan salt

DIRECTIONS

Toss all ingredients in a large salad bowl. Drizzle with olive oil and red wine vinegar.

Sprinkle with Himalayan salt, give one last toss and serve.

Serves 2

Recipe from Anne Tuazon

ASPARAGUS, ROCKET, LEMON AND GOATS CHEESE SALAD

INGREDIENTS

1 bunch of asparagus, on the thin side but thick enough to cut in half lengthwise

1 cup fresh peas or frozen peas defrosted

½ cup cooked fava beans (you can also use frozen defrosted lima beans)

4 radishes, thinly sliced

2 medium raw zucchini made into ribbons with a vegetable peeler (no seeds)

½ bunch red leaf lettuce chopped

1 cup rocket (or a combination of salad greens of your choice)

80g Chevre goat cheese

the zest of one lemon

½ cup toasted hazelnuts, slightly cracked open

30g shaved Parmigiano Reggiano for top of salad

extra lemon for dressing

2 tbsp. olive oil

DIRECTIONS

Roast your asparagus on a sheet pan drizzled with olive oil for maybe 5 or 10 minutes on 180°C just until the raw taste is gone. You don't want limp asparagus. They should still have a good bite to them, so keep checking. Cool them off and then slice them lengthwise.

Make a lemon and olive oil dressing using 2 parts fresh lemon juice to 4 parts olive oil.

In a bowl, mash up your goat cheese and loosen it with 2 tablespoons of the lemon dressing.

Gently toss and coat the sliced asparagus into the mixture, adding salt and pepper to taste.

On a large platter assemble the greens, peas, fava beans, radishes and zucchini ribbons all over ending with the goat cheese coated asparagus on top.

Sprinkle the toasted nuts all around.

Spoon lemon dressing all around, as much as you think you need.

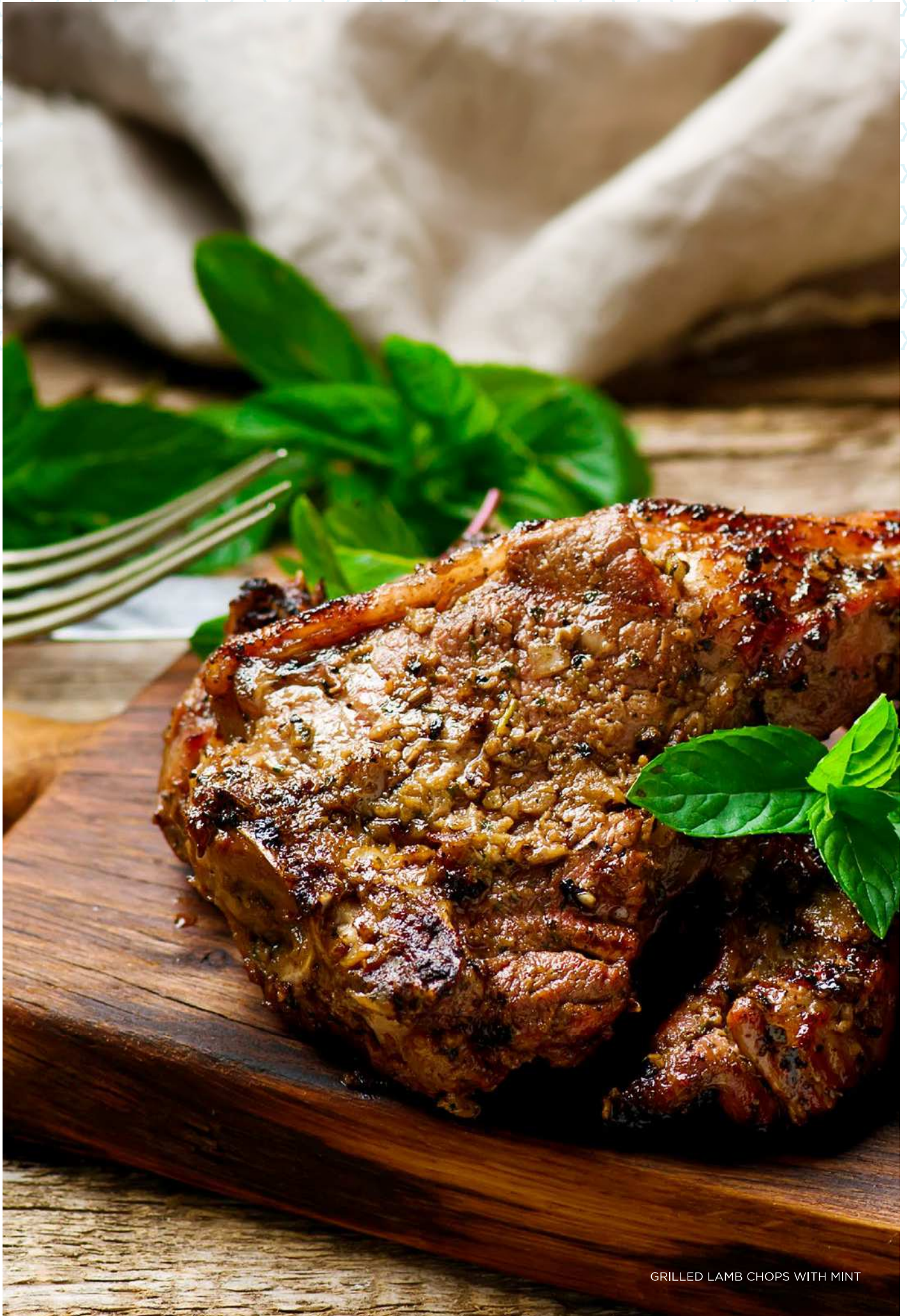
Add shavings of Parmigiano Reggiano on top.

Garnish with a few lemon slices.

Serves 2

Recipe from <http://www.prouditaliancook.com/2015/04/spring-salad-with-asparagus-goat-cheese-lemon-and-hazelnuts>





GRILLED LAMB CHOPS WITH MINT

GRILLED LAMB CHOPS WITH MINT

INGREDIENTS

¼ cup whole milk plain yogurt
¾ cup loosely packed fresh mint leaves
zest of 1 lemon, freshly grated
juice of 1 lemon, freshly squeezed
½ tbsp. garam masala
¼ tsp. salt
400g french lamb rib chops (about 6)

DIRECTIONS

Combine yogurt, mint, lemon zest, lemon juice, and spice powder in food processor or blender. Pulse 2 or 3 times or until blended. Season with salt and freshly ground black pepper to taste.

Scoop half of the yogurt mixture into shallow baking dish. Add lamb and flip to coat both sides. Cover and chill for 2 hours, turning once. Reserve remaining yogurt mixture.

Heat grill to medium high. Remove chops from marinade. Discard leftover marinade. Place chops over hottest part of grill and cook about 3 minutes, turning once.

Arrange lamb on large warm platter, cover, and let rest 5 minutes. Serve with reserved yogurt sauce and lettuce tomato and cucumber salad.

Serves 2

Recipe from <http://www.prevention.com/food/cook/healthy-mediterranean-diet-recipes>

LETTUCE, TOMATO AND CUCUMBER SALAD

INGREDIENTS

1 large tomato, cut into wedges
¼ head of fancy lettuce, cut in bite size
1 cup continental cucumber, chopped 1 cm thick
2 tbsp. olive oil
1 tbsp. balsamic vinegar
pinch of himalayan salt

DIRECTIONS

Mix all ingredients in a large salad bowl, drizzle with olive oil and balsamic vinegar.

Sprinkle with himalayan salt. Serve.

Serves 2

Recipe from Anne Tuazon



ONION SOUP WITH FONTINA GARLIC BREAD

INGREDIENTS

4 onions sliced
2 tbsp. flour
thyme for taste
4 cups of stock (beef or vegetable)
2 tbsp. of brandy
½ tsp. of sugar
pinch of flour, olive oil and butter
½ cup of grated Fontina cheese
2 slices of ciabatta or baguette

DIRECTIONS

Warm a little butter and olive oil in heavy pan, add onions and cook till soft and a deep golden brown. Don't rush the cooking time or else onions will become bitter, stir frequently on a medium heat.

Add your thyme, salt, pepper, and sugar.

Meanwhile get your stock nice and hot in another pan. Stir flour over your golden-brown onions, and gently whisk in your hot stock.

Add your Brandy and simmer for 10 minutes.

To make the Fontina garlic bread, simply rub garlic over a nice chunk of bread, something that has some body, like a good crusty baguette.

Place grated Fontina cheese on top, and stick it under a grill for a few minutes, or place in an oven till golden.

Serves 2

Recipe from <http://www.prouditaliancook.com/2008/09/onion-soup-w-fontina-garlic-bread-o>

STEAMED FISH WITH ROASTED VEGETABLES

INGREDIENTS

FOR THE ROASTED VEGETABLES

2 carrots, cut in 2cm chunks
1 red onion, ½ cm wedges
2 cups pumpkin, cut in 2 cm chunks
1 zucchini, cut in 2 cm chunks
2 garlic cloves, crushed and coarsely minced
2 potatoes, cut in 2 cm chunks
pinch of Himalayan salt and pepper
3 tbsp. olive oil

FOR THE STEAMED FISH

2 x 150g white fish fillet (Perch or Barramundi)
pinch of Himalayan salt and pepper
1 green onion, julienned
2cm thick fresh ginger, julienned
1 tbsp. olive oil

DIRECTIONS

Preheat oven at 220°C, arrange vegetables in a lightly greased roasting pan.

Drizzle with olive oil, sprinkle with salt and pepper.

Roast for 30-40 minutes or until golden and cooked.

Place clean fish, drained with excess water in a rimmed shallow bowl. Drizzle each with olive oil, sprinkle with salt and pepper.

Scatter with julienned green onions and ginger.

Cover with aluminium foil and steam for 25 minutes.

Serve with roasted vegetables.

Serves 2

Recipe from Anne Tuazon



GARLIC PRAWN SKEWERS WITH TABOULI

INGREDIENTS

400g large prawns, peeled (tails on), deveined
1 tsp garlic paste
½ tbsp. dried oregano
½ tsp. sweet paprika
pinch of salt and pepper
2 tbsp. olive oil
1 lemon, juice of

DIRECTIONS

Place the prawns in a large bowl. Add the garlic paste. Season with the oregano, sweet paprika, salt and pepper. Toss to combine. Add the olive oil and lemon juice. Toss again to combine, making sure the prawns are well coated.

Cover and refrigerate for 1 hour. Meanwhile, soak 8 small skewers in water.

Remove the prawns from the fridge. Thread 3-4 prawns on each damp skewer.

Lightly brush a cast iron griddle or grill skillet with oil. Heat the skillet on medium-high. Grill the prawns on the griddle for 5-7 minutes, turning over once halfway through.

Place the shrimp skewers on a serving platter. Add a little crushed red pepper and fresh parsley for garnish, if you like.

Serve with Tabouli as a side salad

Serves 2

Recipe from www.themediterranean-dish.com/mediterranean-garlic-shrimp-skewers/#tasty-recipes-10693



MEDITERRANEAN MEAL PLAN SHOPPING LIST

SERVES 2

PROTEIN	QTY	VEGETABLES	QTY	FRUIT	QTY	HERBS	QTY	CONDIMENTS, OILS, GRAINS	QTY
Chicken breast	1 cup	Asparagus	1 bunch	Apple	2 pcs	All spice	¼ tsp	Baking powder	½ tsp
Chicken thigh	4	Brown onions	6	Avocado	2 pcs	Basil	2¼ tbsp	Balsamic vinegar	1 tbsp
Eggs	11	Baby Spinach	3 cups	Bananas	1	Bouquet garni	2	Brandy	2 tbsp
French lamb rib chops	400g	Canned cannellini beans	½ cup	Blueberries	1½ cups	Cayenne pepper	½ cup	Bread crumbs	¼ cup
Large Prawns	400g	Carrots	4	Kiwi Fruit	2	Cinnamon	¼ cup	Buckwheat Flour	½ cup
Minced beef or Minced chicken	200g	Celery	7 stalks	Lemons	6	Dill	1 bunch	Bulgur wheat	½ cup
Tin Salmon 90g	1	Cherry tomatoes	18	Limes	1	Fresh basil	1 bunch	Butter	
Tin Tuna in Olive oil 90g	2	Continental cucumber	1 cup	Pear	½ cup	Fresh mint	1 bunch	Cayenne pepper	
White Fish fillet steak	300g	Fancy lettuce	¼ head	Rockmelon	½ cup	Garlic	1 bulb	Ciabatta	4 slices
		Fava beans	½ cup	Sultanas	2 tbsp	Garlic cloves	2 cm	Dijon mustard	½ tsp
		Fennel bulb	½ cup			Ginger		Floral Honey	1 tsp
		French beans	12			Green cardamom	¼ tsp	Flour	2 tbsp
		Green Capsicum	1	NUTS & SEEDS	QTY	Lemon juice	5 tbsp	Garam masala	½ tsp
PROTEIN SNACKS		Green onions	3	Almonds	40g	Lightly dried mint	1 tbsp	Garlic paste	1 tsp
Protein Bar Choc Fudge		Kalamatta olives	1 jar	Hazelnuts	¾ cup	Nutmeg	¼ tsp	Himalayan salt	1 tsp
Cottage Cheese		Lebanese cucumbers	2½ cups	Hummus	½ cup	Oregano	¾ tbsp	Quinoa cooked	2 cups
Haloumi		Mushrooms	¼ cup	Pepitas	3 tbsp	Parsley	2 bunches	Raw sugar	2½ tsp
Hard Cheese (low fat)		Peas	1 cup	Walnuts	20g	Pepper	¼ tsp	Red wine vinegar	½ tbsp
Quark (low fat German style)		Potatoes	2			Sweet paprika	¼ tsp	Reduced-salt vegetable stock	6 cups
Salmon Smoked*		Portobello mushrooms	4	DAIRY	QTY	Thyme	pinch	Olive oil	1½ cup
Sardines**		Pumpkin	2 cups	Bocconcini or Chevre goats cheese	80g			Soup pasta	¾ cup
Tuna**		Radicchio	4	Fat-free greek-style yogurt	1 cup			Spray oil	1
*check label for hidden sugars		Radish	4	Fontina cheese	½ cup			Tapenade	4 tsp
**small can in spring water		Red leaf lettuce	½ bunch	Goats cheese	60g			Tomato puree	¾ tbsp
		Red onions	3 pcs	Milk	½ cup			Vanilla Essence	½ tsp
		Rocket	1 cup	Mozzarella	½ cup			Whole grain wrap bread	4
		Roma tomatoes	4 pcs	Parmesan	60g			Wholemeal pita bread	4
		Shredded lettuce	2 cups	Parmigiano reggiano	30g			Wholemeal self-raising flour	2 tbsp
		Tomatoes	7 pcs	Skim Milk	½ cup				
		Zucchini	4	Unsweetened Low Fat Yogurt	1 cup				



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