



I'm not robot



I am not robot!

Adjust the list to cater to 1 tsp red wine vinegar. Quail. Quail Eggs. Instructions. Duck Eggs. Turkey. ¼ tsp chilli flakes 1 tsp chopped mint. Put the tomatoes and watermelon into a bowl. Game. Review the Grocery List at the end of this PDF or on the site. If you don't like a particular meal, go to your Meal Plan and click the "Swap" button to select a different recipe. Shop for all the ingredients. Chicken Eggs. Here's your checklist to help you prepare for the week. Swap meals to suit your preferences. Almonds Cashews Flaxseed Hazelnuts Nut & Seed Butters (including Tahini) Peanuts Pine Nuts Pistachios Pumpkin Seeds (Pepitas) Sesame seeds Sunflower Seeds Walnuts 5/8 cups tomatoes, chopped. ½ watermelon, cut into chunks 2/3 cup feta cheese, crumbled. For the dressing, Mix the oil, vinegar, chilli flakes and mint and then season.