

Condiments & Spices

- ☐ Fresh coriander 1 handful
- ☐ Fresh thyme 1 handful
- ☐ Ras-el-hanout spice mix 1 tsp

Fruits

- ☐ Lemon 0.5

Vegetables

- ☐ Carrots 200g
- ☐ Red onion 0.5 large
- ☐ Sweet potatoes 200g

Dairy

- ☐ Low-fat natural yoghurt 2 tbsp

Meat

- ☐ Chicken breast 2 fillets