



## Ingredients used in MYOL

- Beetroot** peeled, wrapped in foil and roasted until soft then sliced
- Pitted Kalamata **olives and stuffed green olives**
- Fresh **tomato** slices
- Fresh **capsicum** (red and green), diced
- Pickled **Zucchini** (message [ehpsllw@gmail.com](mailto:ehpsllw@gmail.com) for recipe!)
- Marinated **mushrooms** (message [ehpsllw@gmail.com](mailto:ehpsllw@gmail.com) for recipe!)
- Red cabbage** (message [ehpsllw@gmail.com](mailto:ehpsllw@gmail.com) for recipe!)
- Fresh **carrot** grated
- Grated **cheese**
- Corn** niblets, defrosted
- Frozen **peas**, defrosted
- Fresh **baby spinach** leaves
- Fresh **rocket** leaves
- Iceberg **lettuce** washed and shredded
- Fresh **cucumber** cut into rounds
- Fresh **snow peas** sliced
- Fresh **celery** diced
- Fresh **shallots** sliced
- Avocado** mashed
- Sun dried tomatoes**
- Sauerkraut**
- Pickled onions**
- Pickled cucumbers**
- Capers**
- Canned **chickpeas**, drained
- Canned **red kidney beans**, drained
- Fresh **ricotta** cheese whipped
- Ham**
- Roast **chicken**
- Felafel** bought ready made
- Tinned **tuna** in springwater drained
- Smoked **salmon**
- Hard boiled **eggs** peeled and sliced
- Hommus**
- Grain** mustard
- Mayonnaise**
- Greek **yoghurt**