

RECIPE: LAMB CHOPS

BREAKFAST FOODS

Honey, 0.5 oz.

CHEESE

Crumbled feta cheese, 0.67 oz.

CONDIMENTS & OIL

Extra virgin olive oil, 2 fl oz.

Balsamic vinegar, 0.33 fl oz.

FRUITS

Lemon, 0.16 oz.

JUICES

Lemon juice, 1 fl oz.

MEAT

Lamb rib chops, 6

NUTS, SEEDS & DRIED FRUITS

Pine nuts, 1 tbsp.

Dried dates, 3.18 oz.

SPICES & SEASONINGS

Cumin seeds, 0.23 oz.

VEGETABLES

Red onion, 1.43 oz.

MISCELLANEOUS

Herb salad mix, 4 cup