



Power Up the flavour!

SUGGESTED low fuel, affordable, nutritious Meal Plan
USE AS A GUIDE

Handy tips:

- DRVs (Dietary Reference Values) are a series of estimates for the amount of energy and nutrients needed by different groups of healthy people in the UK population; they are not recommendations or goals for individuals.
- Data is based on a 30 year old female for comparison.
- By consuming the suggested recipes you will meet a majority of your DRV's=Dietary Reference Values.
- Cost and nutritional value for any additional ingredients consumed excluded from meal plan.
- Remember foods can be frozen, dried or canned.
- Most recipes serve 4, or per person, unless indicated otherwise.
- Check out the discounted cabinet for reduced fruit & veg and other perishables.
- Feel free to substitute cheaper ingredients that may be in season or you have left over.





Day 1 Meal Plan



- Breakfast muffins
- Dhal & rice
- Leftover Jollof rice with homemade coleslaw (vegetarian)
- Leftover meat with wedges or jackets & coleslaw (meat)
- Leftover rice pudding (see day 7)
- TIP make breakfast muffins whilst oven is on for day 7

Breakfast - Muffins

Makes 12: 125g sugar, 125ml sunflower oil, 2 large free-range eggs, 225g plain flour, 1 teaspoon ground cinnamon, ½ teaspoon ground ginger, ½ teaspoon baking soda, ½ teaspoon baking powder, 1 clementine – OR juice from the canned peaches, 200g carrots, 75g walnuts, plus extra to sprinkle – optional

1. Preheat the oven to 200°C/gas 6. 2. Line your cupcake trays with paper cases. 3. Beat the sugar, oil and eggs together. 4. Fold in the flour, spices, baking soda and powder. 5. Grate in the clementine zest, OR add a table spoon of peach syrup then add a pinch of sea salt. 6. Coarsely grate the carrots and chop the walnuts, then fold into the batter. 7. Divide the mixture between 12 to 16 cupcake cases, then bake for about 20 minutes, or until a skewer inserted in the centre comes out clean. Cool on a rack. 8. Spread over the cooled cupcakes and sprinkle with extra chopped walnuts.

Lunch - Dhal & rice

Serves 4-6: 400g red lentils, washed and drained, water, 2 tsp turmeric, 1 tsp garam masala, 2 tsp cumin, 1 onion, chopped finely, 3 cloves of garlic, finely sliced, 2 fresh green chillies, finely sliced and seeds removed, 1 thumb-sized piece of grated ginger, 1 can of coconut milk (optional), 1 can of tomatoes or chopped fresh tomatoes, 1 bunch of fresh chopped coriander, season to taste.

1. Put lentils and water in a pan, cover by at least 5cm and bring it to the boil. Reduce to simmer and stir in turmeric, simmer gently for around 10 mins, or until lentils absorb the water. 2. In a frying pan, add a little oil to fry onions on a medium heat until it starts to brown – around 5 minutes. Add the garlic, coriander stalks, chillies, onion, tomato, ginger and garlic. Stir well and leave to cook for 1-2 minutes until garlic is golden and everything smells amazing! 3. Add the spices, stir well and cook for 1 min before removing the mixture from the heat and adding to the cooked lentils. 4. Stir in the coconut milk for a creamier and slightly sweeter Dal. 5. Stir through some of the coriander leaves and scatter the rest as garnish. 6. Season with salt, pepper and lemon juice to taste! 7. Serve on its own or with rice, naan or jacket potato.

Coleslaw

2 grated carrots, finely sliced ½ small red cabbage and ½ small white cabbage, 2 celery sticks, 1 teaspoon lemon juice, 3-4 tablespoon Greek yoghurt, 2 tbsp extra virgin olive oil, salt, black pepper (optional)

1. Add cabbages, celery and carrots to a large mixing bowl. 2. Make the vinaigrette in a small bowl by slowly mixing 4 tablespoons of yoghurt and lemon juice followed by the olive oil. 3. Season with salt and pepper to taste and pour and mix the vinaigrette with the vegetables until well combined.

Dinner - Jollof rice (V)

Serves 4: See Day 7 for ingredients & method

Dinner - Reheating day 7 (meat)

Safely reheating meat in a microwave – Place the meat in a microwavable dish. Add a small amount of water, sauce or oil to the meat and cover with a microwave-safe lid. Microwave on medium heat for the food to be evenly and thoroughly cooked. Make sure it is steaming hot all the way through before eating.

Dinner - Jacket potatoes

Microwaved jackets taste great and save fuel. 1. Thoroughly wash the potato and pat dry. 2. Use a fork to prod holes in to release the steam whilst cooking. 3. Massage a little oil on the dry potato for a crispier finish. 4. Depending on size and microwave power, cooking times will vary. Start with 3 mins, then flip the hot potato with a pair of tongs and continue with an additional 3 mins, adding more time to get the perfect tender, creamy potato.

Snacks leftover rice pudding

Reheat the leftover rice pudding in the microwave.

We love lentils, versatile, low cost and bursting with goodness. Lentils are highly ranked for their phenolic content – plant protective compounds called phenols. They can have an antioxidant, antibacterial, anti-viral and anti-inflammatory effect and are cardio protective. Studies suggest regularly eating lentils helps reduce your risk of diet related diseases such as diabetes, cancer, obesity and heart disease. See ** Handy tips





Day 2 Meal Plan



- Soaked oats with tinned peaches
- Minestrone soup + bread
- Lentil bolognese/ grated cheese (vegetarian)
- Mince bolognese (meat)
- Peanut butter on whole meal toast

Breakfast - Soaked oats & fruit

Serves 4: 200g porridge oats, 400g natural yogurt, Frozen mixed blueberries, strawberries and raspberries or 2 cans of peaches

1. Layer the porridge, yogurt and fruit in a jar or bowl.
2. Cover and chill in the fridge overnight so the porridge absorbs the yogurt.
3. In the morning, stir to mix everything together and top with more fruit.

Lunch - Minestrone soup + bread

Serves 4-6: 1 clove of garlic, 1 red onion, 2 carrots, 2 sticks of celery, 1 large potato, 1 x 400 g tin of cannellini beans, 1 tsp smoked paprika, olive oil, ½ tsp dried oregano, 1 bay leaf, 2 x 400 g tins of plum tomatoes, 1 stock cube 1 large seasonal greens, such as savoy cabbage, curly kale, chard, 100 g wholemeal pasta OR noodles, ½ a bunch of fresh basil, optional - Parmesan cheese

1. Peel, finely chop the garlic & onion.
2. Trim & roughly chop the carrots, celery, then add to a large bowl.
3. Scrub and dice the potato.
4. Heat 2 tbsp of oil in a large saucepan over a medium heat.
5. Add the garlic, onion, carrots, celery, oregano and bay, cook slowly for about 15 minutes or until the vegetables have softened, stirring occasionally.
6. Add the potato, tip the can of cannellini beans in and plum tomatoes, crumble in the vegetable stock cube. Stir well, breaking up the tomatoes.
7. Add the smoked paprika.
8. Cover with a lid, bring everything slowly to the boil and simmer for about 20 minutes or until the potato is cooked.
9. Remove and discard any tough stalks from the greens, then roughly chop.
10. Break up pasta/noodles into small pieces.
11. Add the greens and pasta to the pan, cook for a further 10 minutes, or until the pasta is al dente, (translates to 'to the tooth' which means it should be soft enough to eat, but still have a bit of a bite and firmness to it).
12. Add a splash more stock or water to loosen, if needed.
13. Pick over the basil leaves (if using) and stir through.
14. Season to taste with sea salt and black pepper, then serve with a grating of Parmesan and a slice of wholemeal bread, if you like.

Snacks - Peanut butter on whole meal toast

Per person: Peanut butter on 2 whole meal toast. Bread freezes exceptionally well, so if you don't plan to use the loaf within a week, place in freezer and take out slices as and when needed! Some toasters allow you to toast from frozen too.

Dinner - Mince bolognese (meat)

Serves 4: 1 tbsp olive oil, 2 onions, finely chopped, 3 carrots, finely chopped, 3 celery sticks, finely chopped, 3 garlic cloves, crushed, 500g mince 20% fat OR 250g 5% fat & 250g lentils, 2 x 400g cans chopped tomatoes, 2 tbsp tomato purée, 2 tsp each dried oregano and thyme, 3 bay leaves, 1 litre vegetable stock, 500g pasta – whole meal has more fibre, Parmesan cheese, grated, to serve.

1. Heat the oil in a large saucepan and add the onions, carrots, celery and garlic.
2. Cook gently for 15-20 mins until everything is softened.
3. Stir in the mince (& lentils) – let the mince brown.
4. Add chopped tomatoes, tomato purée, herbs and stock.
5. Bring to a simmer, then cook for 40-50 mins until the mince is cooked and tender and saucy – splash in water if you need.
6. Season.
7. If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions.
8. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese.

Dinner - Lentil Bolognese (v)

Serves 6 – keep 2 servings for lunch the next day, make into quesadilla, serve with a jacket potato and salad or with rice. Add more veggies or any left over's to stretch the recipe, batch cook and freeze half.

1 tbsp olive oil, 2 onions, finely chopped, 3 carrots, finely chopped, 3 celery sticks, finely chopped, 3 garlic cloves, crushed, 500g dried red lentils, 2 x 400g cans chopped tomatoes, 2 tbsp tomato purée, 2 tsp each dried oregano and thyme, 3 bay leaves, 1 litre vegetable stock, 500g spaghetti – wholemeal, Grated parmesan or vegetarian cheese to serve (optional).

1. Heat the oil in a large saucepan and add the onions, carrots, celery and garlic.
2. Cook gently for 15-20 mins until everything is softened.
3. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock.
4. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need.
5. Season.
6. If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions.
7. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over cheese.

Day 2 meals are bursting with fibre, needed for a healthy digestive system and protein, needed for growth, development and repair. Also, off the charts with vitamin A, needed for healthy eye sight and skin and helps your immune system work properly. To make the day 'uber' nutritious, add a salad to the evening meal and some fruit as snacks.





Day 3 Meal Plan



- 2 x Boiled egg & toast
- Left over Bolognese quesadillas
- Jerk cauliflower & chickpea curry & rice (vegetarian)
- Jerk chicken & rice (meat)
- Pancakes

Breakfast

Per person: 2 Boiled eggs with 2 toast

To microwave: Place egg into a bowl of hot water, cover with a plate, and microwave at 50% power for 4mins. For runny yolk, remove and peel the egg now. For harder yolk, leave the egg in the water for 2 minutes before peeling.

Lunch - Leftover Bolognese

Leftover Bolognese, ½ teaspoon oil, tortilla wrap, grated cheese is optional

Reheat leftover Bolognese in the microwave and eat or you can make quesadillas. **1.** Heat a little oil in a large frying pan **2.** Gently place a whole tortilla wrap in the pan **3.** Spread 2-3 tablespoons of reheated Bolognese over half of the tortilla wrap **4.** Sprinkle on grated cheese if using and fold the empty half over the filling **5.** Using a fish slice, carefully flip the quesadilla over to brown the other side.

Dinner - Jerk cauliflower and chickpea curry with rice (v)

Serves 4: 450g peeled, chopped 2cm cubed potatoes, 1 onion (½ peeled ½ chopped), 3 garlic cloves, peeled and roughly chopped, ginger 4cm piece, peeled and chopped, groundnut oil, 1 cauliflower broken into small florets, 1 tsp cumin seeds, 1 generous tsp ground coriander, ½ tsp ground cumin, 1 tsp turmeric, ¾ tsp cayenne pepper OR 1 tablespoon curry powder, 3 green chillies seeded & quartered – add to taste, 3 large tomatoes chopped OR can of tomatoes, 1 can of beans (any – cheapest is baked beans with sauce washed off (optional)). To serve: ½ small bunch coriander, chopped, natural yoghurt, basmati rice and/or naan bread

1. Heat pan of boiling water and cook potatoes until almost tender, about 5mins, drain well. **2.** While potatoes cook, put the onion, garlic and ginger in a narrow container with 2cm of water and use a stick blender to blitz until smooth (or whizz in a small food processor). **3.** Put 6 tbsp oil in a heavy pan, heat, add the potatoes and fry until golden. **4.** Remove and set aside. **5.** Fry the cauliflower until golden. remove and set aside. **6.** Put the cumin in the pan, cook for 30 seconds, add the onion mix and cook for 4-5mins. **7.** If using curry powder – add the onion, garlic ginger mix to the pan with some oil and then add the curry powder. **8.** Add the remaining spices, chillies and tomatoes, cook for 2mins, then add the potato, beans and cauliflower with 500ml water. **9.** Cook for 4mins. Scatter with coriander and serve with yoghurt and basmati rice or naan.

Snacks -Pancakes

Serves 4: 110g/4oz plain flour, 2 large eggs, 275ml semi skimmed milk, 50g butter/spread, dried fruit/frozen berries.

1. Sift flour into a large mixing bowl with the sieve held high above the bowl to air the flour. **2.** Make a well in the centre of the flour to break the eggs into it, then whisk until all the flour is mixed in. When the mixture thickens, gradually add small quantities of milk, any lumps will eventually disappear. **3.** The texture should be like gravy or thin cream. **4.** Add any fruit – be mindful if frozen it will add liquid so adjust milk. **5.** Melt and smear butter around the pan using kitchen paper **6.** Heat the pan till really hot, then turn heat down to medium. Using a ladle or large spoon, do a test pancake first to judge the quantity. **7.** Once the batter hits the hot pan, tip it around from side to side to evenly coat the base with batter. If you have any holes in it, add a teaspoon of the mixture just to fill them in. It should take only half a minute or so to cook; you can lift the edge with a fork to see if it's tinged gold as it should be. **8.** To make a vegan version replace the plain flour with self-raising, omit the eggs and use a plant-based milk and spread – a far cheaper option and tastes equally good!

Dinner - Jerk chicken curry & rice (meat)

Serves 4: Use the ingredients and method for the Jerk cauliflower & chick pea curry, with 500g chicken thigh, diced.

1. Heat a pan of boiling water, cook the potato until almost tender, about 5 minutes, drain well. **2.** While it's cooking, put the onion, garlic and ginger in a narrow container with 2cm of water and use a stick blender to blitz until smooth (or whizz in a small food processor). **3.** Put 3 tbsp oil in a heavy pan, heat, add the chicken & fry until golden and cooked through. **4.** Remove and set aside. **5.** Fry the cauliflower & potatoes until golden, remove and set aside. **6.** Put 1 tbsp oil in the pan, add the cumin or curry powder, cook for 30 seconds, add the onion mix and cook for 4-5 minutes. **7.** Add the remaining spices, chillies and tomatoes, cook for 2 minutes, then add the chicken, potato and cauliflower with 500ml water. **8.** Cook until hot all the way through and vegetables are tender. **9.** Scatter with coriander (optional) and serve with yoghurt and rice.

Day 3 is full of vitamins B1 & C – B1 is used by your body to keep your nervous system working well and helps with the extraction of energy from your food. Vitamin C is needed for healthy cells and helps keep your skin, blood vessels, bones and cartilage in good condition. You will also get lots of iron to carry oxygen around your body...if you feel tired, try eating iron rich foods. To make the day 'uber' nutritious, add a salad to lunch & fruit as snacks.





Thursday Meal Plan



- Soaked oats with berries
- Cheese on toast with home made coleslaw
- Beany shepherd's pie & peas (vegetarian)
- Cottage pie & peas (meat)
- Yoghurt & fruit (Frozen berries or canned)

Breakfast - Soaked oats & fruit

Serves 4: 200g porridge oats, 400g natural yogurt, Frozen mixed blueberries, strawberries and raspberries or 2 cans of peaches.

1. Layer the porridge, yogurt and fruit in a jar or bowl. 2. Cover and chill in the fridge overnight so the porridge absorbs the yogurt. 3. In the morning, stir to mix everything together and top with more fruit.

Lunch - Cheese on toast with home made coleslaw

Per person:

90g of cheese (Use any hard cheese BUT stronger cheese will give you more flavour for less cheese), 2 slices of whole meal bread (for extra fibre)

1. Put bread under grill and toast. 2. Slice or grate cheese. 3. Once one side is toasted turn over add 1/2 cheese to each slice. 4. Grill until cheese is bubbling. 5. serve with coleslaw.

Coleslaw

2 grated carrots, finely sliced 1/2 small red cabbage and 1/2 small white cabbage, 2 celery sticks, 1 lemon, 3-4 tablespoon Greek yoghurt, 2 tsp extra virgin olive oil, salt, black pepper (optional)

1. Add cabbages, celery and carrots to a large mixing bowl. 2. Make the vinaigrette in a small bowl by slowly mixing 4 tablespoons of yoghurt and lemon juice followed by the olive oil. 3. Season with salt and pepper to taste and pour and mix the vinaigrette with the vegetables until well combined.

Snacks - Yoghurt & fruit

Yoghurt & fruit (fresh, frozen or canned)

Dinner - Beany shepherds pie (V) or Cottage pie (meat)

Serves 4: 1 tbsp oil, 500g lean beef mince, Quorn OR 2 cans of beans, 1 large onion finely chopped, 2 chopped carrots, 2 chopped celery, sticks, 1 finely chopped garlic clove, 1 tbsp plain flour, 1 tbsp tomato purée, 400g can of tomatoes, 1 can of lentils (or any tinned beans), 1 beef stock cube, 2 tbsp Worcestershire sauce, a few thyme sprigs, 1 bay leaves **For the mash** 600g potatoes chopped, 1 cauliflower or 600g sweet potato, 100ml semi skimmed milk, 25g butter, 100g strong cheddar grated.

1. Heat 1 tbsp oil in a large saucepan and fry the vegetables. 2. Add the mince and brown. 3. Add the garlic, flour and tomato purée, increase the heat and cook for a few mins. 4. Adding the stock cube & tinned tomatoes, Worcestershire sauce, lentils and herbs. Bring to a simmer and cook, uncovered, for 45 mins. By this time the gravy should be thick and coating the meat. Check after 30mins – if a lot of liquid remains, increase the heat slightly to reduce the gravy a little. 5. Discard the bay leaves and thyme stalks. 6. Meanwhile, make the mash. In a large saucepan, cover the potatoes, cauliflower or sweet potato in cold water, bring to the boil and simmer until tender. Drain well, then allow to steam-dry for a few mins. Mash well with a little milk, butter. 7. Spoon meat/Quorn into 2 ovenproof dishes. Pipe or spoon on the mash to cover. Sprinkle the cheese. If eating straight away, heat oven to 220C/200C fan/gas 7 and cook for 25-30 mins, or until the topping is golden.

Day 4 is overflowing with protein & fibre, as is B1, vitamin C & A. For minerals, potassium, magnesium, zinc and iodine are worth a mention. Magnesium – needed for synthesizing food into energy, producing hormones, potassium keeps our body fluid balance and zinc – helps makes new cells so our wounds heal & enzymes, helps process carbohydrate, fat and protein. If budget allows it would be good to have fruit snacks – maybe a banana midday or an apple in the afternoon.





Day 5 Meal Plan



- Corn flakes with banana
- Leftover Beany shepherd's pie & peas/cabbage
- Mushroom stroganoff & rice (vegetarian)
- Veg + pork stroganoff & rice (meat)
- Crispy cakes

Breakfast - Corn flakes with banana

Per person: approx: 30g corn flakes, 125ml milk, 1 banana, sliced

Lunch - Thursdays leftover pie with peas & cabbage

Safely reheating leftovers in a microwave – Place the leftovers in a microwavable dish. Cover with a microwave-safe lid. Microwave on medium heat for the food to be evenly and thoroughly cooked. Make sure it is steaming hot all the way through before eating.

Snacks - Crispy cakes

Serves 4/makes approx 8 cakes 2 cakes per person: 100g dark chocolate, broken up, approx. 250g of any cereal

1. Put the chocolate in a heatproof bowl and melt it over a pan of simmering water, making sure the bowl doesn't touch the water. Stir until smooth, then take off the heat. 2. Stir in the cereal, a little at a time until the chocolate is covered to your preference. 3. Divide into pastry cases and cool. To keep the crisp, store in an airtight container.

Make a double batch today for tomorrow!

Dinner - Mushroom stroganoff & rice (v)

Serves 4: 400g of beans, 2 tbsp sunflower oil, 25g/1oz butter, 1 onion finely sliced, 2 tsp paprika, 200g/8oz mushrooms, halved, 140ml soured cream/yoghurt, salt and freshly ground black pepper

1. Put the butter in the pan, add the onions and cook over a low heat until the onions are really tender. 2. Sprinkle in the paprika and stir in the mushrooms. Turn up the heat and toss for a minute. 3. Add the can of beans (if using baked beans wash sauce off). 4. Add the cream or yoghurt to the pan and heat through. 5. Add the lemon juice and season with salt and pepper. 6. Serve with fluffy rice.

Dinner - Pork stroganoff & rice (meat)

450g pork chops, 2 tbsp sunflower oil, 25g butter, 1 onion finely sliced, 2 tsp paprika, 200g mushrooms, halved, 140ml soured cream/yoghurt, salt and freshly ground black pepper

1. Remove any fat from the pork and cube. 2. Heat a large non stick frying pan until hot, add a little oil when very hot, then add the meat. Stir fry really briskly until brown, if cooked really fast there should be no juices, but take care not to overcook. Lift out with a slotted spoon onto a plate. 3. Put the butter in the pan, add the onions and cook over a low heat until the onions are really tender. 4. Sprinkle in the paprika and stir in the mushrooms. Turn up the heat and toss for a minute. 5. Add the pork and cream to the pan and heat through. Add the lemon juice and season with salt and pepper. 6. Serve with fluffy rice.

This is 'B' vitamin day, also high are iron, zinc & selenium. B vitamins are used in the bodies digestion processes, whilst selenium helps the immune system and is required for cell reproduction and zinc helps wounds heal.





Day 6 Meal Plan



- Porridge with milk & tinned peaches
- Spicy potato soup
- Veg stir fry with noodles (vegetarian)
- Chicken & veg stir fry with noodles (meat)
- Crispy cakes

Breakfast - Porridge with milk & tinned peaches

Serves 4: 200g porridge oats, 400g natural yogurt, Frozen mixed blueberries, strawberries and raspberries or 2 cans of peaches.

1. Layer the porridge, yogurt and fruit in a glass jar (an old jam jar is perfect) or bowl. 2. Cover with jar lid or cling film and chill in the fridge overnight. The porridge will absorb the yogurt. 3. In the morning, stir to mix everything together and top with more fruit.

Lunch - Spicy potato soup (v)

Serves 4: Oil, 2 small onions diced, ½ teaspoon of your chosen spice, curry powder, garam marsala, cumin or turmeric, 1kg potatoes small diced, 1 veg stock cube (made up as per pack instructions), 300ml yoghurt.

1. Peel and dice the onions. 2. Add to a pan with oil and spice mix. 3. Cook on a low heat until onion is soft – if starts to stick add a little water. 4. Wash and chop the potatoes into small cubes – leave the skins on for extra fibre! 5. Add to the pan. 6. Add the stock to simmer until potatoes are soft. 7. Take off the heat and blitz with a hand blender 8. Add the yoghurt and stir in. 10. Loosen with water if necessary.

Snacks - Crispy cakes

Serves 4/makes approx 8 cakes 2 cakes per person: 100g dark chocolate, broken up, approx. 250g of any cereal

1. Put the chocolate in a heatproof bowl and melt it over a pan of simmering water, making sure the bowl doesn't touch the water. Stir until smooth, then take off the heat. 2. Stir in the cereal, a little at a time until the chocolate is covered to your preference. 3. Divide into pastry cases and cool. To keep the crisp, store in an airtight container.

Dinner - Veg stir fry with noodles (v)

Serves 4: 150g bean sprouts (optional, 1 carrot, cut into matchsticks, A few leaves of cabbage, finely sliced, 1 onion, sliced, 1 clove of crushed garlic, 1 tablespoon soy sauce, 200ml veg stock, 1 tablespoon oil, Any other veg finely sliced (peppers/mushrooms), 250g noodles. To vary the dish, use rice instead of noodles, add some spices such as Chinese 5 spice, cumin or a sprinkle of curry powder, for a sweet and sour flavour, add a few tablespoons of pineapple juice.

1. Heat the oil in a large pan or wok and when hot add the onions & the diced chicken thighs if using. 2. In a separate pan, cook the noodles for 4 minutes. 3. When the onions are slightly softened, add the garlic and then the carrots and cook for a few minutes. 4. Then mix in the cabbage and bean sprouts (if using). 5. When the noodles are cooked, drain then add them to the pan. 6. Stir in the soy sauce and veg stock and stir for about a minute. 7. Season – sometimes a little rice wine vinegar can just finish a stir fry off.

Dinner - Chicken & veg stir fry with noodles (meat)

Use the ingredients and method above adding 500g chicken thighs, diced at stage 1 of the method.

Saturday is all-rounder and packed with vitamins, minerals and protein, including the amazing antioxidants Vitamin A & C. Mineral wise we have phosphorus and iodine. Phosphorus works with calcium to make our bones and teeth strong and & healthy & Iodine helps regulate our hormones.





Day 7 Meal Plan



- Pancakes
- Beans on toast
- Jollof rice with peas (vegetarian)
- Roast or slow cooker/pressure cooker pork (meat)
- Rice pudding

Breakfast - Pancakes

Serves 4: See Day 3 for ingredients & method

Lunch - Beans on toast

Per person: 90g cheese (use any hard cheese but strong cheese will give you more flavour for less! 2 slices of whole meal bread (For extra fibre)

1. Put bread under grill and toast .
2. Slice or grate cheese (grated cheese tends to lead to using less.
3. Once one side is toasted, turn over add 1/2 cheese to each slice.
4. Grill until cheese is bubbling.

Dinner - Roast or slow/pressure cooker pork with vegetables (meat)

Serves 4: Prepare double the meat to provide for day 1 leftovers. 1.5 -2kg Pork, 400 -500g potatoes, 1 small cabbage, 500g carrots, 750ml gravy Yorkshire puddings (140g plain flour, 4 egg, 200ml milk, 2-3 tbsp sunflower oil for cooking.

1. Place the joint of meat in an oven tray to pop into the oven.
2. Par Boil potatoes, drain, then toss in 1 tablespoon of oil, add to the tray.
3. Make Yorkshire puds.
4. Prepare the veg, ready to cook.
5. Once the meat is cooked, remove from the oven, set aside to rest.
6. Cook the veggies, make the gravy using the meat juices and serve. If using the slow/pressure cooker please refer to manufacturer's instructions. Often these can be one pot meals - except for the Yorkshire puds!

Dinner - Yorkshire Puddings

1. Heat oven to 230C/fan 210C/gas 8.
2. Drizzle & spread a little sunflower oil evenly into two 4-hole Yorkshire pudding tins or two 12-hole non-stick muffin tins and place in the oven to heat through.
3. To make the batter, tip 140g plain flour into a bowl and beat in 4 eggs until smooth.
4. Gradually add 200ml milk and carry on beating until the mix is lump-free. Season with salt and pepper.
5. Pour the batter into a jug, then remove the hot tins from the oven. Carefully and evenly pour the batter into the holes.
6. Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned.

Heat Utilisation:

To be prepared for day 1 make breakfast muffins or bread for the week whilst oven is on.

Dinner - Jollof rice (v)

Serves 4: 2 tbsp. rapeseed oil, 1 diced onion, thumb size piece of ginger, 2 garlic glove, 1/2 tsp nutmeg, 2tsp dried coriander, 1 tsp allspice. 1 tsp finely chopped fresh thyme, 1 tsp cumin, 1 x 400g can chopped tomatoes 2 tsp tomato puree, 200ml veg stock. Reserve 100ml for step 2, 300g rice, 200g frozen peas, 1 red pepper diced, 1 tsp lemon juice, salt & pepper. Sliced red chilli and spring onion to garnish.

1. Fry onions in oil for 2/3mins on medium heat. Add the ginger, lemon juice and spices to fry for a further 1 to 2 mins. If the spices start to stick mix a splash of stock water.
2. Mix in chopped tomatoes, pepper tomato puree, 100ml of veg stock. Turn up heat to bring to the boil. Once boiled reduce to a simmer for 10-15minutes. Add some of the reserved stock to the pan if sticking
3. Add peas, basmati rice and remaining stock to the pan, stir till combined. Increase the heat till it starts to gently simmer. Keep the lid on and cook for 15mins, .
4. Turn off the heat, leave the lid to finish cooking for another 10mins.

Snacks - rice pudding

Serves 4: Prepare double to provide for day 1 leftovers. 100g pudding rice, butter, for the dish, 50g sugar, 700ml semi-skimmed milk, pinch of grated nutmeg or strip lemon zest, 1 bay leaf, or strip lemon zest

1. Heat the oven to 150C/130C fan/gas 2.
2. Wash and drain the rice.
3. Butter a 850ml baking dish, then tip in the rice and sugar and stir through the milk.
4. Sprinkle in the nutmeg and top with the bay leaf or lemon zest.
5. Cook for 2 hrs or until the pudding wobbles ever so slightly when shaken.

Pan method: Serves 4: Prepare double to provide for day 1 leftovers 100g pudding rice, 375ml semi skimmed milk, 2 tbsp sugar

1. Add the rice, milk and sugar to a saucepan.
2. Bring to the boil on the hob.
3. Turn down to simmer slowly for 30 - 40 minutes, stirring occasionally to ensure it doesn't catch on the bottom.
4. Serve with stewed fruit, raisins, cinnamon or honey.

Today is packed with B vitamins to keep our bodies healthy and ensures our digestion is running smoothly.

The muffins can be frozen to make them last longer. Not putting the oven on? - then pancakes are your best friend! And as with muffins, make and freeze the pancakes for treats or breakfast on the go.





Shopping List - Vegetarian

Costs are based on Aldi & Tesco's own brand price list as April 2022

- 12 Apples, £1.80
- 1 Cauliflower, 79p
- 1 piece Ginger, 50p
- 1 tube of tomato puree or ketchup, 31p
- 1.5kg Bag of plain flour, 45p
- 1.5kg Carrots, 45p
- 150ml Soy sauce, 49p
- 12 Stock Cubes 37p
- 15 Eggs, £1.18
- 1kg Onions 50p
- 1kg Porridge Oats, 75p
- 1kg Rice, 45p
- 1kg Granulated Sugar, 65p
- 4 x 500ml Yoghurt, £1.47
- 1ltr Vegetable Oil, £1.15
- 1x100g Curry Powder, 79p
- 1x8 packet of wraps, 49p
- 2 bars of 100g Chocolate, 60p
- 2 Cabbages, £1.18
- 2 Fresh tomato, 24p
- 2 Red peppers, 84p
- 2 x500g Corn flakes, £1.10
- 70g Baking Powder, 79p
- 11g Oregano, 49p
- 2.5kg Potatoes, 91p
- 250g Butter/spread, £1.55
- 250ml Lemon Juice, 35p
- 2x500g Red Lentils, £1.98
- 300g Bean sprouts, 71p
- 340g Peanut butter, 89p
- 350g Celery, 79p
- 4 Garlic bulbs, 79p
- 400g Mushrooms, 79p
- 2x 400g strong cheese, £3.58
- 4x411g tins of peaches, 1.24
- 5 Bananas, 70p
- 500g bag of frozen fruit, £1.25
- 500g Noodles, 85p
- 500g Pasta, 29p
- 6x400g tins tomatoes, £1.68
- 5x410g Baked Beans, £1.10
- 6 Eggs, 59p
- 6 Pints of Milk, £2.16
- 900g Frozen Garden Peas, £1.00
- 2 x Bread Medium sliced whole meal, £1.44
- 500g pudding rice, £1.00
- 40g Cumin, 49p

**Try not to shop
when hungry!**





Shopping List - Meat

Costs are based on Aldi & Tesco's own brand price list as April 2022

- 12 Apples, £1.80
- 1 Cauliflower, 79p
- 1 piece Ginger, 50p
- 1 tube of tomato , puree or ketchup, 31p
- 1.5kg Bag of plain flour, 45p
- 1.5kg Carrots, 45p
- 1.5kg Pork shoulder joint, £4.34
- 12 Stock Cubes, 37p
- 15 Eggs, £1.18
- 150ml Soy Sauce, 49p
- 1kg Chicken thighs, £1.99
- 1kg Oats, 75p
- 1kg onions, 50p
- 1kg Rice, 45p
- 1kg Granulated Sugar, 65p
- 1ltr Vegetable Oil, £1.15
- 1x100g Curry Powder, 79p
- 1x8 packet of wraps, 49p
- 2 bars of 100g Chocolate, 60p
- 2 Cabbages, £1.18
- 2 Red peppers, 84p
- 2 x500g Corn flakes, 55p
- 500g pudding rice, £1.00
- 70g Baking Powder, 79p
- 40g Cumin, 49p
- 11g Oregano, 49p
- 2.5kg Potatoes, 91p
- 250g Butter/spread, £1.55
- 250ml lemon juice, 35p
- 500g Red Lentils, 99p
- 300g Bean sprouts, 71p
- 340g Peanut butter, 89p
- 350g Celery, 79p
- 4 Garlic Bulbs, 79p
- 6xPints of Milk, £2.16
- 400g Mushrooms, 79p
- 2 x400g strong cheese, £3.58
- 450g Pork chops, £2.19
- 4x411g tins of peaches, £1.24
- 5 Bananas, 70p
- 500g bag of frozen fruit, £1.25
- 500g Pasta, 29p
- 4x500ml Yoghurt, £1.47
- 6x400g tins tomatoes, £1.68
- 5x410g Baked Beans, £1.10
- 6 Eggs, 55p
- 900g Frozen Garden Peas, £1.00
- 2 x Bread Medium sliced whole meal, £1.44
- 500g Mince 5% fat OR 25% fat 1kg, £3.78

Always check your cupboards before you go shopping

