

FEED YOUR FAMILY FOR £20 A WEEK



ENERGY SAVING MEAL PLAN

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SUNDAY - AIR FRYER GAMMON, ROAST POTATOES AND
HONEY ROAST CARROTS

MONDAY - BAKED FETA PASTA

TUESDAY - SAUSAGE TRAYBAKE

WEDNESDAY - PITTA PIZZAS , SALAD, PAPRIKA WEDGES

THURSDAY - TOAD IN THE HOLE, CRUSHED POTATOES,
MIXED VEG

FRIDAY - CHICKEN & GAMMON CASSEROLE

SATURDAY - CHICKEN SOUVLAKI, FLATBREADS, TZATZIKI



SHOPPING LIST



	ALDI	TESCO
500G CARROTS	45P	45P
2 X 250G CHERRY TOMATOES	£1.10	£1.10
CUCUMBER	49P	49P
500G LEEKS	£1.29	£1.29
2.5KG POTATOES	£1.05	£1.09
SALAD	69P	75P
500G PARSNIPS	49P	60P
1KG GAMMON JOINT	£3.50	£3.40
1KG CHICKEN BREAST FILLETS	£3.79	£3.79
20 FROZEN SAUSAGES	£1.79	£1.25
6 EGGS	99P	£1.15
SALAD CHEESE	70P	70P
200G CHEESE	£1.39	£1.99
500ML YOGHURT	45P	45P
500G PASTA	35P	35P
4 X TINNED POTATOES	£1.32	£1.32
6 PITTA BREADS	55P	55P
1KG MIXED VEG	79P	79P
TOTAL	£20.63	£20.96

OR £20.14 IF YOU SHOP BETWEEN THE TWO STORES

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**WE WILL BE USING SOME SHOPPING WE
HAVE ALREADY BOUGHT IN PREVIOUS
WEEKS.**

**IF YOU ARE JUST STARTING THIS WEEK
YOU WILL NEED TO BUY**

FLOUR

PAPRIKA

GARLIC

OREGANO

CHIVES

LEMON JUICE

OIL

CHICKEN STOCK CUBES

CORNFLOUR

HONEY

MUSTARD

SOY SAUCE

BBQ SAUCE

WHITE VINEGAR



GAMMON JOINT

Gammon is a great buy as it is relatively cheap. Save 200g of this meat for the chicken & bacon casserole.



INGREDIENTS

- 1kg gammon joint
- 6 tbsp honey
- 4 tbsp mustard
- 2 tbsp garlic

Gammon can also be cooked in the slow cooker. On low for 8 hours or on high for 6 hours.

METHOD

- 01 In a bowl mix your honey, garlic and mustard until the honey is slightly sticky and well mixed into the mustard.
- 02 Smother your ham in your marinade.
- 03 Loosely wrap in foil.
- 04 Place the ham into your air fryer. Cook for 25 minutes at 200°C.
- 05 Remove the foil and cook for a further 25 minutes at 170°C.
- 06 Take out and wrap in foil and rest the joint for 20 minutes.



ROAST POTATOES

Using tinned potatoes for these roasties in the air fryer is a great hack.

METHOD



INGREDIENTS

- 2 tins of potatoes
- 1 tbsp oil
- 1 tsp salt
- 1 tsp pepper

The roast potatoes can also be made in the oven if you don't have an air fryer. Cook for 25 minutes at 200°C or GM 6.

- 01 Drain the tinned potatoes and put into a bowl.
- 02 Bash them about to roughen the edges.
- 03 Mix the oil and salt and pepper together and pour over the potatoes.
- 04 Mix well to ensure the potatoes are covered completely.
- 05 Put in the air fryer at 200°C for 8-10 minutes.



HONEY ROAST CARROTS

These are so delicious they are guaranteed to become a family favourite.

METHOD

- 01 Cut the carrots into 1 inch chunks.
- 02 Mix the oil and honey together.
- 03 Coat the carrots in the mix.
- 04 Put in the air fryer at 200°C for 10-12 minutes until soft in the middle and crisp on the outside.
- 05 Keep warm while you cook the potatoes.



INGREDIENTS

- 4 carrots
- 1 tbsp oil
- 1 tbsp honey

The roast carrots can also be made in the oven if you don't have an air fryer. Cook for 25 minutes at 200°C or GM 6.



BAKED FETA PASTA

I've given this TikTok famous pasta a slight tweak by adapting it for the air fryer, making this even more convenient but just as tasty!

METHOD

- 01** Soak the pasta in plenty of cold water. Leave for 2 hours.
- 02** Preheat the air fryer to 180°C. In an 8-inch baking dish (or other oven-safe dish), toss the tomatoes with $\frac{3}{4}$ of the oil. Place the cheese in the middle, drizzle it with the remaining oil, and season with salt, pepper, garlic and oregano. Place the baking dish in the basket of the air fryer or on the shelf if it is an oven type, and cook for about 30 minutes, stirring every 10 minutes, until the tomatoes have burst, and the cheese is browned.
- 03** Remove the cheese and tomato mixture from the air fryer and stir until everything combines into a creamy sauce.
- 04** Drain the pasta.
- 05** Stir the sauce into the pasta. Season with additional salt and pepper, as desired. Stir and enjoy!



INGREDIENTS

- 2 packs cherry tomatoes
- 5 tablespoons oil
- 200g salad cheese
- 1 tsp dried oregano
- 1 tsp garlic powder (or granules)
- Salt and pepper, to taste
- 250g pasta

Or cook in the oven at 180°C for 40-45 minutes.

SAUSAGE TRAYBAKE

Traybakes can easily be adapted for the air fryer!

METHOD

- 01 Mix the honey, oil and salt and pepper together.
- 02 Put the sausages and veg in a large bowl and pour over the marinade.
- 03 Get your hands in and turn everything in this mix.
- 04 Put in the air fryer at 200°C and cook for 20 minutes.
- 05 Pour over the soy sauce and mix well.
- 06 Put back in the air fryer for another 5 minutes.

INGREDIENTS

- 8 sausages
- 1kg potatoes, cut into chunks of similar size
- 4 carrots, cut into chunks
- 3 onions, cut into wedges
- 2 parsnips, cut into chunks
- 1 tbsp oil
- 1 tbsp honey
- ½ tsp salt
- ½ tsp pepper
- ½ tbsp soy sauce





PITTA PIZZAS

Super simple dinner that everyone will love.

METHOD

INGREDIENTS

- 4 pitta bread
- 4 sausages
- 4 tbsp BBQ sauce
- + 2 tbsp BBQ sauce
- 100g grated cheese

- 01 Coat the sausages in 4 tbsp BBQ sauce and marinade for at least 20 minutes.
- 02 Cook the sausages in the air fryer for 8 minutes at 180°C.
- 03 Slice the sausages.
- 04 Top the pitta breads with the remaining BBQ sauce.
- 05 Add a little cheese and then the sliced sausage and then put the extra cheese on top.
- 06 Cook in the air fryer at 170°C for 7 minutes each.



INGREDIENTS

- 2 medium potatoes
- 1 ½ tbsp oil
- ½ tsp paprika
- ½ tsp sea salt
- ⅛ tsp ground black pepper

Cook in the oven at 200°C for 30 minutes turning half way through.

AIR FRIED POTATO WEDGES

Deliciously crispy air-fried potato wedges are perfectly seasoned and ready to serve in just over 15 minutes.

METHOD

- 01 Preheat the air fryer to 200°C.
- 02 Cut each potato in half lengthwise. Cut each half in half lengthwise, and then cut each quarter in half lengthwise. You will have 16 wedges.
- 03 Place potato wedges in a large bowl. Add oil, paprika, salt, and pepper; mix until well combined.
- 04 Place the potato wedges in the basket of the air fryer and cook for 10 minutes.
- 05 Flip wedges with tongs and cook for an additional 5 minutes.



TOAD IN THE HOLE

Another classic dish adapted for the air fryer.

METHOD



INGREDIENTS

- 8 sausages
- 400g plain flour
- Pinch of salt
- 2 large eggs
- 500ml milk

Cook in the oven instead for 40-45 minutes at 200°C.

- 01 Arrange sausages in a baking tray that fits in your air fryer.
- 02 Place pan on tray in air fryer basket or on the shelf if you have an air fryer oven.
- 03 Cook until lightly browned, 6-8 minutes, turning once.
- 04 Meanwhile, in a large bowl, whisk eggs, milk, flour, salt and pepper.
- 05 Pour batter over sausages.
- 06 Cook at 180°C until puffed and golden brown, 12-15 minutes.

CRUSHED POTATOES

Easy to do in the air fryer you won't believe how tasty these are!



INGREDIENTS

- 2 tins potatoes
- 1 tbsp butter
- Salt and pepper
- 1 tsp chives

Cook in the oven instead for 15-20 minutes at 200°C.

METHOD

- 01 Drain the potatoes and lay on a tray.
- 02 Squash flat with a fork.
- 03 Melt the butter and stir in the salt and pepper.
- 04 Brush the potatoes with the butter.
- 05 Cook at 180°C in the air fryer for 5 minutes until crisp and golden.
- 06 Sprinkle with the chives.

CHICKEN & GAMMON CASSEROLE

A really warm and comforting dish. Perfect for autumn evenings!



INGREDIENTS

- 500g chicken breast fillets, defrosted and diced
- 200g leftover gammon, diced
- 2 leeks, sliced
- 2 carrots, sliced
- 4 medium potatoes, diced
- 400ml chicken stock
- 1 tbsp paprika
- 2 tbsp cornflour

METHOD

- 01 Add everything except the cornflour to the slow cooker.
- 02 Cook on high for 6 hours or low for 8 hours.
- 03 Mix the cornflour with cold water to make a thick paste.
- 04 Stir into the dish and cook for a further 15 minutes until sauce has thickened.

Alternative cooking methods!
Can be cooked on the hob or in the oven for 1 hour.

CHICKEN SOUVLAKI

I have loved this dish since I first had it in Greece many years ago.

METHOD

INGREDIENTS

- 250g chicken breasts, defrosted, cut into bite sized pieces
- 2 tbsp oil
- 1 tbsp lemon juice
- 2 tbsp garlic
- ½ tsp dried oregano
- ¼ tsp salt

- 01 Place the chicken souvlaki marinade ingredients in a freezer bag, seal and shake.
- 02 Add the chicken and marinate for 2 hours.
- 03 If your air fryer has skewers then thread the chicken onto them, if not then place in the air fryer basket or on a shelf.
- 04 Cook at 190°C for 5 minutes.
- 05 Turn up the air fryer to 200°C for another 2 minutes.
- 06 Ensure chicken is cooked through.



FLATBREADS

This recipe for flatbreads is so handy. You can also use it as a pizza base recipe, or divide the mix in 8 and make tortillas!

METHOD

01 Put the flour and salt in a large bowl and mix to combine.

02 Gradually trickle in the water. Bring the mix together with your hands.

03 Add the oil and knead into the dough. You want a smooth soft dough.

04 If you have time leave dough to stand for 30 minutes.

05 Divide dough into 4 balls. Roll the balls into a circle roughly 20cm.

06 Heat the pan and brush with a little oil.

07 Fry for 3 minutes each side for flatbreads the bread should puff up a little bit and be slightly coloured.



INGREDIENTS

- 200g plain flour
- 1/4 tsp salt
- 100ml warm water
- 2 tbsp oil, plus extra to fry

TZATZIKI

You can't have souvlaki without tzatziki!

METHOD

01 Make the tzatziki sauce by mixing together all the ingredients.

02 Place in a bowl and store in the fridge for 1-2 hours.

INGREDIENTS

- 4 tbsp plain yogurt
- ¼ cucumber peeled, seeded, and grated
- ½ tbsp oil
- 1 tsp white vinegar
- ½ tsp garlic
- ½ pinch salt



MOST OF THIS WEEKS RECIPES CAN BE ADAPTED BACK TO CONVENTIONAL COOKING IF YOU DON'T HAVE AN AIR FRYER OR SLOW COOKER. BUT THE COST OF USING ONE OF THEM WILL REDUCE YOUR OUTGOINGS!



COST OF COOKING CHART



APPLIANCE	COST PER DAY	COST PER WEEK	COST PER MONTH	COST PER YEAR
ELECTRIC COOKER	87P	£6.09	£26.38	£316.54
DUAL FUEL COOKER (GAS AND ELECTRIC)	72P	£5.08	£22	£264.03
GAS COOKER	33P	£2.32	£10.07	£120.83
SLOW COOKER	16P	£1.15	£4.98	£59.76
AIR FRYER	14P	£1.01	£4.40	£52.74
MICROWAVE	8P	58P	£2.50	£30.02

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I'D LOVE TO HEAR FROM YOU!

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