

MEAL PLAN

SUNDAY **RAINBOW CHICKEN TRAYBAKE**

MONDAY **TARKA DAHL & RICE**

TUESDAY **MINCE, SPINACH & SWEET
POTATO CURRY**

WEDNESDAY **PIZZA JACKET POTATOES**

THURSDAY **MOROCCAN SPICED COUS
COUS & CHICKEN**

FRIDAY **BEAN BURGERS**

SATURDAY **SWEET POTATO &
MINCE CHILLI**

SHOPPING LIST

INGREDIENTS

TESCO

ALDI

12KG POTATOES	£0.19	£0.59
24 X BAKING POTATOES	£0.35	£0.57
2 X SPRING ONIONS	£0.49	£0.49
1KG ONIONS	£0.55	£0.55
65G MIXED CHILLIES	£0.70	£0.50
4 X GARLIC BULBS	£0.79	£0.79
1KG SWEET POTATO	£0.99	£0.99
250G BABY SPINACH	£0.90	£0.76
600G MIXED PEPPERS	£1.20	£1.20
250G CHERRY TOMATOES	£0.57	£0.57
1KG CARROTS	£0.19	£0.39
250G SWEET & CRUNCHY SALAD	£0.78	£0.75
30G CORIANDER	£0.52	£0.52
4 BREAD ROLLS	£0.49	£0.49
1.5KG FLOUR	£0.58	£0.58
500G RED LENTILS	£1.05	£1.05
1KG RICE	£0.48	£0.48
500G COUS COUS	£0.90	£0.90
200G TOMATO PUREE	£0.43	£0.43
2 X 400G TINNED TOMATOES	£0.64	£0.64
400G KIDNEY BEANS	£0.33	£0.33
400G CHICKPEAS	£0.70	£0.49
OREGANO	£0.70	£0.49
CUMIN	£0.95	£0.59
PAPRIKA	£1.10	£0.59
TURMERIC	£0.59	£0.49
BAY LEAVES	£1.85	£1.85
CHILLI POWDER	£0.90	£0.59
CURRY POWDER	£1.05	£0.79
10 VEGETABLE STOCK CUBES	£0.50	£0.52
1 LITRE VEGETABLE OIL	£1.75	£1.75
2 X 450G MEAT FREE MINCE	£3.90	£5.90
1KG CHICKEN BREASTS	£3.79	£3.79
900G FROZEN PEAS	£0.79	£0.85
210G MOZZARELLA	£0.65	£0.65
TOTAL	£32.68	£32.91

OR
£29.99
ACROSS
THE
TWO
STORES

Rainbow Chicken Tray Bake

Ingredients

Click the image below for a **video guide**.



- 3 tbsp oil
- 400g diced potato
- 2 onions, sliced
- 1 pepper, sliced
- 2/3 carrots, sliced (optional)
- 150g spinach
- 4 garlic cloves
- 4 or 6 bay leaves
- 4 chicken breast (can use thighs but nutritional value will be different)

Method

1. Heat the oven to 200. In an ovenproof dish add all your ingredients and drizzle over the oil. You can use pretty much any vegetables you have in the house. Mix all together so the oil is covering the contents.
2. Cook for an hour, ensure the chicken is cooked and potatoes have softened. If they haven't, pop them back in the oven for another 10 minutes.
3. Remove the bay leaves and crush the garlic and distribute through the dish.
4. Serve with salad.

The Finer Details

Per Portion

350 calories
22g protein
21g carb
12g fat

Tarka Dahl With Rice

Ingredients

Click the image below for a **video guide**.



- 400g red lentils
- 1 onion, finely chopped
 - 2 tsp turmeric
 - 1 tsp oil
 - 2 tsp cumin
- 2 garlic cloves, finely chopped
- 1 green chilli, finely chopped (add more or less depending on preference)
 - Rice to serve

Method

- 1.** Rinse your lentils with cold water before popping them into a large pan alongside water. Ensure the lentils are covered and there's enough water approx 2 cm above.
- 2.** Bring to the boil, add the turmeric and stir before reducing heat and simmering for approx 20 minutes until the lentils soften and the lentils have absorbed the majority of the water.
- 3.** Add your oil to a pan and fry your onion and cumin for a couple of minutes. Add the garlic and chilli for a further 2 minutes.
- 4.** Add the onion, garlic and chilli mixture into the lentils and give it a good stir. Season with salt if required.
- 5.** Serve with rice or wraps.

The Finer Details

Per Portion

460 calories
65g carbs
26g protein
8g fat

Mince, Spinach & Sweet Potato Curry

Ingredients

Click the image below for a [video guide](#).



- 1 tsp oil
- 400g plant based mince (you can sub for 5% beef mince)
- 400g sweet potato, cubed
 - 1 onion, diced
 - 150g spinach
- 1 tbsp curry powder
- 400g tinned tomato
- 400ml veggie stock
- Handful of coriander

Method

1. In a large pan, boil your sweet potato until soft.
2. Drain and pop to the side once your sweet potato is soft.
3. In another pan, heat your oil and add the curry powder.
4. Stir for a few minutes before adding your mince, then fry for 5 minutes.
5. Add your tinned tomatoes and gradually add in your stock.
6. Add your cooked sweet potato and stir. Reduce the heat and simmer for a further 10 minutes. In the last couple of minutes add your spinach until it reduces in size. Give a good stir.
7. Add fresh coriander and serve with rice or wraps (please note this will change the nutritional value).

The Finer Details

Per Portion

435 calories
45g carbs
30g protein
15g fat

Pizza Jacket Potatoes

Ingredients

Click the image below for a **video guide**.



- 4 baking potatoes
- 4 tsp oil (half for the potato and half for filling)
- 125g mozzarella (drained weight)
 - 250g cherry tomatoes
 - 1 tsp oregano
 - 1 tsp tomato puree
 - Salad to serve

Method

1. Combine 2 tsp oil and salt/pepper to season before covering your potatoes. Bake in oven for an hour.
2. Start to make your filling 10 minutes before potatoes are ready. In a bowl combine 2 tsp oil, tomato paste and oregano. Once mixed into a loose paste add your tomatoes.
3. Once potato is cooked, slice them in half and scatter over your mozzarella. Pop back into the oven until melted. Top the potatoes with your tomato mix and place back in oven for a further 5-10 minutes until warm and cheese bubbles.
4. Serve with salad.

The Finer Details

Per Portion

319 calories
12g protein
37g carbs
13g fat

Moroccan Spiced Cous Cous and Chicken

Ingredients

Click the image below for a **video guide**.



- 1 tsp oil
- 400g chicken breast
 - 1 x onion
 - 1 x pepper
 - 1 x garlic clove
 - 1 tsp paprika
 - 1 tsp turmeric
 - 1 tsp cumin
- 200g frozen peas
- 1 x tin chickpeas
- 450g veg stock
- 120g cous cous

Method

- 1.** In a medium pan heat a dash of oil until hot.
- 2.** Add the chicken, onion and pepper and saute for 10 minutes.
- 3.** Add the garlic, paprika, turmeric and cumin and stir fry for another minute.
- 4.** Add in your frozen veg and chickpeas, followed by the stock. Stir and cook for 5 minutes.
- 5.** Add in your cous cous and cook until cous cous has absorbed the majority of the stock and increased in size.

The Finer Details

Per Portion

412 calories
50g carbs
35g protein
8g fat

Bean Burgers

Ingredients

Click the image below for a **video guide**.



- 400g kidney beans
 - 2 spring onions
 - 1 tsp cumin
 - 20g flour
- 4 potatoes, sliced into wedges
 - 1 tsp paprika
 - 2 tsp oil
 - 4 buns
- Salt and pepper to season

Method

1. For your wedges, combine oil and paprika in a bowl. Use this mixture to coat your potato wedges before popping in the oven for 20 minutes or in the air fryer.

2. Meanwhile to make your burgers, mash the kidney beans in a bowl until smooth. Add the spring onion, cumin, flour and a dash of salt and pepper.

3. Mix well before dividing into four equal sized balls. Flatten onto a baking tray into a burger shape and brush with a little oil. Bake in the oven for 10 minutes each side or in the air fryer for 10 minutes.

4. For the last minute of cooking, place your burgers in the oven to warm through but be careful not to toast.

5. Top your burgers with sauce, avocado etc (toppings will adjust the nutritional value) and serve with the wedges.

The Finer Details

Per Portion

380 calories
75g carbs
15g protein
8g fat

Sweet Potato & Mince Chilli

Ingredients

Click the image below for a **video guide**.



- 1 tsp oil
- 400g plant based mince (or you can sub for 5% beef mince)
 - 1 onion, diced
 - 1 pepper, sliced
 - 1 tsp paprika
- 1 tsp chilli powder (optional)
- 1 x 400g tinned tomatoes
- 600g cooked sweet potato, cubed

Method

1. In a big pan, boil your sweet potato. Meanwhile, add the oil to a separate pan.
2. Add the onion and fry off before adding in your spices.
3. Once the onions have softened, add in your mince and cook for 5 minutes.
4. Add in your tinned tomatoes and mix through.
5. When your sweet potato has softened, add to the pan and stir. Cover and cook for a further 10 minutes on a low heat.
6. Serve with rice or a wrap (nutritional value will be different if these are added).

The Finer Details

Per Portion

430 calories
55g carbs
30g protein
10g fat
