

MEAL PLAN

SUNDAY

MOROCCAN MEATBALLS

MONDAY

CHICKEN KORMA

TUESDAY

SUPER EASY NOODLES

WEDNESDAY

HEALTHIER EGG & CHIPS

THURSDAY

KIDNEY BEAN CURRY

FRIDAY

**FAKEAWAY 'FRIED' CHICKEN
WRAPS**

SATURDAY

SPICY SHEPHERD'S PIE

SHOPPING LIST

INGREDIENTS

TESCO

ALDI

2KG POTATOES	£1.19	£0.95
1KG ONIONS	£0.55	£0.55
GINGER	£0.53	£0.59
200G MUSHROOMS	£0.63	£0.89
250G BABY SPINACH	£0.90	£0.76
250G CHERRY TOMATOES	£0.57	£0.57
250G SWEET AND CRUNCHY SALAD	£0.78	£0.75
8 TORTILLAS	£0.85	£0.85
6 PITTA BREAD	£0.55	£0.55
200G HOUMOUS	£0.69	£0.69
15 EGGS	£1.79	£1.59
2 X INSTANT NOODLES	£1.10	£0.64
1KG PORRIDGE OATS	£0.70	£0.70
400ML LIGHT COCONUT MILK	£1.00	£0.69
2 X 400G RED KIDNEY BEANS	£0.66	£0.66
2 X 400G TINNED TOMATOES	£0.64	£0.64
400G TIN BAKED BEANS	£0.26	£0.26
LIGHT MAYONNAISE	£1.70	£0.65
GARAM MASALA	£1.00	£0.79
10 BEEF STOCK CUBES	£0.50	£0.52
10 CHICKEN STOCK CUBES	£0.50	£0.52
2 X 450G MEAT FREE MINCE	£3.90	£5.90
1KG CHICKEN BREASTS	£3.79	£3.79
1KG FROZEN VEG	£0.79	£0.79
TOTAL	£25.57	£25.29

OR £22.93 ACROSS THE TWO STORES

The Pantry

Left from Last Week

POTATOES

ONIONS

GARLIC

PEPPER

CARROTS

FLOUR

OREGANO

CUMIN

PAPRIKA

TURMERIC

CHILLI POWDER

CURRY POWDER

VEGETABLE OIL

COUSCOUS

RICE

CORIANDER

Moroccan Meatballs With Couscous Or Pittas

Ingredients

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



- 400g mince (plant based or lean)
 - 1 tsp ground cumin
 - 1 tsp paprika
 - 1 tsp ground coriander
 - 2 tbsp oil
 - Salt and pepper to taste
- 140g couscous (use 1 tbsp tumeric to flavour) or 4 pittas to serve
 - Houmous

Method

1. Make your meatballs by combining your mince and ½ tsp of your spices and rolling into a ball. In a bowl pour your oil and combine with the other half of the spices, stir well and coat the meatballs with the oil mix.
2. Cook in oven for 15/20 minutes or air fryer for 10.
3. Meanwhile if serving with couscous, cook your couscous as per instructions and stir in turmeric.
4. If serving with pitta, warm in the oven for a minute or in the air fryer. Serve with a dollop or houmous and any veggies or salad to hand.

The Finer Details

Per Portion
283 Calories
19g Protein
32g Carbs
7g Fat

Chicken Korma

Ingredients

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



- 400g chicken, sliced
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- Thumb sized ginger, finely chopped
 - 1 tbsp curry powder
 - 1 tsp cumin
- 1 tsp ground coriander
 - 1 tsp chilli powder
- 100ml chicken stock
- 400ml coconut milk (light if available)
 - Handful of spinach

Method

1. Heat the oil on a pan and add your onion, cumin, chilli, coriander, garlic and ginger and fry for a couple of minutes until the onion softens.
2. Add in your chicken and stir well for a couple of minutes until it begins to brown.
3. Add in your stock and coconut milk. Stir before bringing to the boil.
4. Cover and simmer for 10 minutes, stirring occasionally until your chicken is cooked.
5. Stir in your spinach and serve with rice.

The Finer Details

Per Portion
297 Calories
34g Protein
22g Carbs
14g Fat

Super Easy Noodles

Ingredients

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



- 2 packet cheap noodles
 - 2 eggs
 - 1 tbsp oil
- 1 red pepper, finely sliced
- 1 onion, finely chopped
- 500ml vegetable stock
- Frozen veg (or any veggies available)

Method

- 1.** In a pan heat your oil and add your onions, peppers and any other veg you have, stirring occasionally.
- 2.** Pour in your stock and your noodles, break the noodles down so they are evenly distributed through the pan.
- 3.** Move your noodles to one side of the pan before cracking your eggs on the opposite side. Before they fry combine with the noodles and fry for a further 2 minutes until the eggs are cooked.

The Finer Details

Per Portion
200 Calories
5g Protein
20g Carbs
9g Fat

Healthier Egg & Chips

Ingredients

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



- 1 tbsp oil
- 500g potatoes
- 2 onions, sliced
- 200g mushrooms
 - 4 eggs
- 2 tbsp oregano
- Optional tomatoes
- Option to serve with baked beans

Method

1. In an ovenproof dish add your potatoes and onions before drizzling the oil over.
2. Sprinkle over your oregano and mix well.
3. Pop in the oven for 40 minutes at 200. After 40 minutes add in your mushrooms and tomatoes for a further 10 minutes.
4. Make four gaps in the tray to break your eggs into. Return to the oven for a final 5 minutes.

The Finer Details

Per Portion
284 Calories
13g Protein
40g Carbs
9g Fat

Kidney Bean Curry

Ingredients

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



- 1 tbsp oil
- 2 onion, finely chopped
- 2 garlic cloves, finely chopped
- Thumb sized piece of ginger, peeled and chopped
- 1 tsp cumin
- 1 tsp garam masala
- 2 x cans of chopped tomatoes
- 2 x cans of kidney beans (keep the water of one tin)
- Long grain rice to serve

Method

- 1.** Heat the oil on a pan and add the onion until it starts to soften. Add the garlic and ginger and stir for 2 minutes. Add the cumin, garam masala and stir again for a further minute.
- 2.** Add in your tomatoes and kidney beans (add in the water of one tin).
- 3.** Bring to the boil before reducing the temperature and simmering until the water reduces and curry begins to thicken.
- 4.** Serve with rice or wraps.

The Finer Details

Per Portion
292 Calories
13g Protein
75g Carbs
5g Fat

Fake Away 'Fried' Chicken Wrap

Ingredients

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



- 4 chicken breasts
 - 40g flour
 - 80g oats
- 2 tsp paprika
 - 1 tsp salt
 - 1 tsp cumin
- 2 x eggs
 - Wraps
- Salad bag
- Light mayo
- 2 x potatoes
 - 1 tsp oil
- Salt to taste

Method

1. Set up three separate bowls, the first with your flour. In the second whisk your egg. In your third bowl combine your oats with paprika, salt and cumin.
2. For your wedges, slice up your potatoes then combine oil and paprika in a bowl. Use this mixture to coat your wedges before popping in the oven for 20 minutes or in the air fryer.
3. Meanwhile, cut your chicken into strips. Take one chicken strip and coat in flour before dipping in the egg mix and finally coating with your oat spice mix. Place on a baking tray if going in the oven or in an air fryer. Do this for each strip. Bake in oven for 20 minutes or until golden, ensure chicken is cooked before serving.
4. Serve warm in a wrap with salad and light mayo.

The Finer Details

Per Portion
525 Calories
35g Protein
50g Carbs
15g Fat

Spicy Shepherd's Pie

Ingredients

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



- 1 tsp oil
- 400g mince (plant based or lean)
 - 1 onion, finely chopped
 - 2 carrots, diced
 - 200g frozen veg
 - 2 tsp garam masala
 - 2 tsp turmeric
 - 200ml beef/lamb stock
 - 500g potatoes, diced

Method

1. Heat the oil in a pan and add the onion and mince.
2. In a separate pan start to boil your potatoes.
3. Meanwhile continue frying your onions and mince until the onions soften. Add 1 tsp garam masala and 1 tsp turmeric and stir before adding in your carrots and frozen veg. Gradually begin adding in your stock. Allow this to simmer until your potatoes are ready.
4. When your potatoes have softened, drain and return to the pan. Sprinkle over the remaining turmeric and garam masala (to taste) lightly mash but don't completely break the potatoes up.
5. Transfer the mince to an oven proof dish and spread well. Top the mince with the potato mix. Bake for 30 minutes. Potatoes should be golden in colour.

The Finer Details

Per Portion
390 Calories
24g Protein
21g Carbs
23g Fat
