

MEAL PLAN

SUNDAY

CHICKEN PIE

MONDAY

TUNA FISHCAKES

TUESDAY

CHILLI RICE

WEDNESDAY

**BAKED MOZZARELLA &
TOMATO PASTA**

THURSDAY

**CHICKEN & NEW POTATO
HASH**

FRIDAY

KOFTAS

SATURDAY

LENTIL LASAGNE

SHOPPING LIST

INGREDIENTS

TESCO

ALDI

1KG NEW POTATOES	£0.95	£0.95
1KG ONIONS	£0.55	£0.55
1KG RED ONIONS	£0.72	£0.72
1 X CAULIFLOWER	£0.95	£0.95
200G MUSHROOMS	£0.63	£0.89
250G SPINACH	£0.90	£0.76
2 X 250G CHERRY TOMATOES	£1.14	£1.14
1KG CARROTS	£0.49	£0.49
1 X LEEK	£0.63	£1.19
6 X SPRING ONIONS	£0.49	£0.39
1 X CUCUMBER	£0.69	£0.69
6 X TOMATOES	£0.85	£0.85
250G SALAD	£0.78	£0.75
6 X PITTA BREADS	£0.55	£0.55
200G SOFT CHEESE	£0.85	£0.85
325G PUFF PASTRY SHEET	£1.25	£1.09
200G MOZZARELLA	£0.65	£0.65
1KG RICE	£0.45	£0.45
500G RED LENTILS	£1.35	£1.09
400G KIDNEY BEANS	£0.33	£0.33
3 X 400G TINNED TOMATOES	£0.96	£0.96
2 X 145G TINNED TUNA	£1.10	£1.10
500G LASAGNE SHEETS	£0.95	£0.79
500G PASTA	£0.41	£0.41
42G CINNAMON	£1.85	£0.59
56G GARLIC GRANULES	£0.95	£0.49
175G BREADCRUMBS	£0.85	£0.72
900G MEAT FREE MINCE	£3.90	£5.90
1KG CHICKEN BREASTS	£3.79	£3.79
TOTAL	£29.96	£30.08

OR £27.26 ACROSS THE TWO STORES

The Pantry

Left from Last Week

GARLIC

POTATOES

PEPPER

FLOUR

OREGANO

CUMIN

PAPRIKA

CHILLI POWDER

VEGETABLE OIL

CHICKEN STOCK CUBES

BEEF STOCK CUBES

EGGS

FROZEN VEG

Chicken Pie

Ingredients

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



- 1 tbsp butter
- 1 leek, sliced
- 1 onion, sliced
- 200g mushrooms, sliced
- 600g chicken breasts, sliced
 - 250ml chicken stock
 - 200g soft cheese
 - Handful of spinach
- Puff pastry sheet (or make your own)
- Egg (plus 1 tsp water)

Method

- 1.** Add your butter to a pan and fry your leeks and onions until they soften. Add your chicken followed by your chicken stock, reduce the heat and simmer for a further 5 minutes.
- 2.** Add your cream cheese to the pan and stir until the sauce thickens, add in the mushrooms and stir for 5 minutes. Remove from the heat and add your spinach while you prepare your oven dish.
- 3.** Pour your pan ingredients into the oven dish and roll your puff pastry over the top. Whisk an egg and 1 tsp water together to make your egg wash.
- 4.** Brush over the pastry and pop the dish in the oven for approx. 20 minutes. At 180°C.
- 5.** Serve with veggies or salad.

The Finer Details

Per Portion
490 Calories
45g Protein
20g Carbs
25g Fat

Tuna Fishcakes

Ingredients

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



- 1 tsp garlic granules
- 400g cooked potato, mashed
- 100g frozen mixed veg, thawed
 - 2 x tins of tuna, drained
- Salt and pepper, to season
 - 2 tbsp plain flour
 - 1 egg, beaten
 - 2 tbsp cold water
 - 50g breadcrumbs
 - Bag of salad

Method

- 1.** Dice your potato and cook in a pan until soft. Once potatoes are poked, mash and add the garlic granules, cooked veg and tuna into a large bowl. Mix well using your hands, then shape into patties.
- 2.** Next, set up your 'fishcake prep line': three bowls, one with flour, the next with egg and cold water and the third with breadcrumbs.
- 3.** Coat the fishcake in plain flour, then dip in the egg. Finally, coat in breadcrumbs. Repeat with the other fishcakes, then chill in the fridge until you're ready to cook.
- 4.** Heat a large frying pan and fry the fishcakes for 4-5 minutes per side, until golden brown. Drain on kitchen paper.
- 5.** Serve with salad.

The Finer Details

Per Portion
245 Calories
21g Protein
30g Carbs
2.5g Fat

Chilli Rice

Ingredients

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



- 1 tbsp oil
- 1 onion, finely chopped
- Pepper, finely chopped
 - 2 tsp chilli powder
 - 2 tsp ground cumin
- 2 garlic cloves, finely chopped
- 2 x 400g tins of chopped tomatoes
- 1 x 400g tin of kidney beans (drained)
 - 200ml beef/veg stock.
- 300g of mince (any will do)
 - 300g rice

Method

1. In a pan, cook your rice as per the instructions.
2. In a pan, add your oil and fry the onion and pepper. Also add your mince.
3. When the onion begins to soften add the chilli powder, cumin and garlic. Stir for a minute.
4. Add your tinned tomatoes and kidney beans then add in your stock.
5. Stir well and bring to the boil, before covering and simmer until your mince is cooked.
6. When your rice is ready, add to your mince, stir well and serve.

The Finer Details

Per Portion
425 Calories
21.5g Protein
80g Carbs
3.5g Fat

Baked Mozzarella & Tomato Pasta

Ingredients

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



- 200g mozzarella, sliced
- 400g cherry tomatoes
 - 1 onion finely sliced
- Handful of fresh spinach
 - 300g pasta
 - 1 tbsp oil

Method

1. Place the mozzarella at the bottom of a deep oven proof dish. Add in your tomatoes and onions and drizzle over your oil.
2. Place the dish in the oven for 20 minutes at 200°C.
3. Meanwhile, cook your pasta in a pan as per the instructions. Once cooked, save a ladle of pasta water to pour into the mozzarella dish before draining the pasta.
4. Lightly combine the mozzarella and tomatoes together with the pasta water before adding in the drained pasta.
5. Stir in spinach, allow the heat from the dish to shrink the spinach a little then serve.

The Finer Details

Per Portion
402 Calories
12g Protein
80g Carbs
10g Fat

Chicken & New Potato Hash

Ingredients

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



- 1 tbsp oil
- 400g new potatoes, halved
- 400g chicken breasts, sliced
 - 4 onions, sliced
 - Handful of spinach
- Any veg suitable to you
 - 4 eggs
 - 2 tbsp paprika
- Salt and pepper to taste

Method

1. Cook your potatoes in the microwave for 8 minutes on full power.
2. Meanwhile, in a pan melt your oil and add your chicken. Allow to brown slightly for a couple of minutes before adding in your onions and any other vegetables you have to hand.
3. Fry for another minute or until they soften and remove from the pan and place in a bowl.
4. Once the potatoes are ready add them into the empty but hot pan and allow them to brown. Add in your paprika, salt and spinach and stir before adding back in your chicken.
5. Plate up your chicken and potato hash before frying your eggs to your preference and serving.

The Finer Details

Per Portion
390 Calories
38g Protein
16g Carbs
16g Fat

Koftas

Ingredients

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



- 400g mince
- 2 tsp cinnamon
- 3 tsp cumin
- 4 garlic cloves, finely chopped
- 4 spring onions, finely sliced
- Salt and pepper to taste
 - 1 cucumber
 - 2 tomatoes
 - 2 red onions
- Optional dressing – 1 tbsp vinegar or oil
 - Pitta breads to serve

Method

- 1.** Make your koftas by combining the mince, cinnamon, cumin, garlic, spring onions and salt and pepper. Mold the mince into 4 sausage shapes.
- 2.** Cook in an air fryer for 10 minutes at 200°C, or fry in a pan for 5 minutes each side, ensuring the meat is cooked before serving.
- 3.** Prep your salad by combining sliced tomatoes, cucumber and onion in a bowl with an optional dash of oil or vinegar. Warm your pittas in the air fryer for a couple of minutes or on a pan quickly.

The Finer Details

Per Portion
380 Calories
20g Protein
20g Carbs
23g Fat

Lentil Lasagne

Ingredients

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



- 1 tsp oil
- 1 onion, chopped
- 1 carrot, sliced
- Handful of frozen veg
- 1 garlic clove, peeled and crushed
 - 300g lentils
- 1 x chopped tomatoes tin
 - 1 tsp oregano
- Cauliflower, cut into florets
 - 2 tbsp milk
- 6 lasagne sheets

Method

1. Rinse your lentils with cold water then place in a pan with enough water to cover approx 2cm higher than where the lentils sit. Bring to a boil then gently simmer for 20 minutes or until the lentils have absorbed the majority of the water.

2. Meanwhile, about 10 minutes before your lentils are ready, start to cook your cauliflower in a pan of hot water until soft. This should take approx 10/15 minutes.

3. While the cauliflower cooks, begin to heat the oil in a pan and add your onion, carrot and any additional veg you want to include for a few minutes until the onions soften.

4. Add in your tomatoes and oregano, stir well for 5 minutes before adding in your cooked lentils, stir and cover until the lentil mixture thickens. This is your lentil mix which you will use for 2 layers and then to top.

5. When your cauliflower is cooked, drain. You can make your cauliflower purée by adding the cooked cauliflower to a food processor alongside the milk, or mash by hand as smoothly as possible. This is your purée which you will use in the middle layer as well as to top.

6. In an ovenproof dish add your first layer of lentil mix to the bottom before placing over a single layer of lasagne sheets. Top with another layer of lentil mix then a layer of cauliflower purée before topping again with lasagne sheets.

7. Finish by placing over the remaining lentil mix, followed by remaining lasagne sheets and finally the remaining purée.

8. Cover loosely with foil and bake for 30/35 minutes at 200°C.

The Finer Details

Per Portion
399 Calories
21g Protein
47g Carbs
3g Fat
