

# MEAL PLAN

**SUNDAY**

**CHICKEN FRIED RICE**

**MONDAY**

**VEGGIE ENCHILADAS**

**TUESDAY**

**FISH CAKES**

**WEDNESDAY**

**COCONUT & CHICKPEA  
CURRY**

**THURSDAY**

**SPAGHETTI & MEATBALLS**

**FRIDAY**

**FISH & CHIPS**

**SATURDAY**

**KATSU CHICKEN CURRY**

# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

6 X SPRING ONIONS

£0.49

£0.49

1 X CAULIFLOWER

£0.95

£0.95

250G SPINACH

£0.90

£0.76

1 X CUCUMBER

£0.69

£0.69

1 X LETTUCE

£0.60

£0.60

1 X RED PEPPER

£0.50

£0.29

6 X SMALL WRAPS

£1.00

£0.55

200G SALAD CHEESE

£0.70

£0.70

500G NATURAL YOGHURT

£0.79

£0.79

200G MOZZARELLA

£0.65

£0.65

15 X EGGS

£1.79

£1.70

500G SPAGHETTI

£0.28

£0.28

400G CHICKPEAS

£0.70

£0.49

800G 2 X TACO MIXED BEANS

£1.60

£1.18

1.2KG 3 X TINNED TOMATOES

£0.96

£0.96

290G COCONUT MILK

£1.00

£0.69

500G CORNFLAKES

£0.65

£0.63

150ML DARK SOY SAUCE

£0.65

£0.55

340G HONEY

£0.75

£0.75

1.04KG 2 X FROZEN FISH FILLETS

£5.00

£6.58

500G TURKEY MINCE

£4.05

£2.39

1KG CHICKEN BREASTS

£3.79

£3.79

TOTAL

£28.49

£26.46

OR £24.88 ACROSS THE TWO STORES

# The Pantry

## Left from Last Week

GINGER

GARLIC

POTATOES

CARROTS

ONIONS

BREADCRUMBS

FLOUR

CURRY POWDER

BAY LEAVES

CHILLI POWDER

VEGETABLE OIL

FROZEN VEG

FROZEN PEAS

# Chicken Fried Rice

## Ingredients

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



- 300g cooked and cooled rice
  - 1 tbsp oil
  - 2 tbsp soy sauce
  - 2 beaten eggs
  - 200g chicken
  - 200g mixed veg
- 2 spring onions, sliced

## Method

1. Heat the oil in a large wok.
2. Add the chicken, veg and soy sauce and cook for 10 minutes, or until chicken is browned, stirring all the time.
3. Add in your rice and combine well. Cook through for a further 5 minutes. You can add additional soy sauce at this stage if needed/preferred.
4. Push the rice to the side and add the egg. Cook until starting to scramble then quickly stir through the rice. This should take another 5 minutes.
5. Finish with another dash of soy sauce and serve.

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## The Finer Details

**Per Portion**  
**251** Calories  
**21g** Protein  
**25g** Carbs  
**6g** Fat

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# Veggie Enchiladas

## Ingredients

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



- 1 tsp oil
- 2 onions, finely chopped
  - 4 carrots, grated
  - 2 tsp chilli powder
- 2 x mixed beans in sauce
  - 6 small wraps
- 100g natural yoghurt
- 50g mozzarella, grated (pop in freezer for 15 minutes to make it easier to grate) or stick to cheddar cheese if you have it.

## Method

1. Heat the oil on a pan, add your onions and carrots and fry until soft (approx 5 minutes) add the chilli powder and stir, add in a dash of water if spice starts to stick.
2. Add your beans, bring to the boil before reducing the heat and simmering for 8 minutes or until the sauce has thickened, stir frequently.
3. In an ovenproof dish, spread a spoonful of the bean mix around the base.
4. Grab a wrap and add a couple of heaped spoonfuls of the mixture. Fold the sides in and roll the wraps up, form a seal.
5. Repeat step 4 for all the wraps and arrange in your ovenproof dish. Use any remaining mixture to coat the wrapped and filled wraps.
6. In a bowl, combine your yoghurt and grated cheese. Spoon this over the top of the enchiladas.
7. Grill for a few minutes until golden in colour.

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## The Finer Details

**Per Portion**  
**460** Calories  
**20g** Protein  
**57g** Carbs  
**12g** Fat

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# Fish Cakes

## Ingredients

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



- 2 tbsp oil
- 400g white fish (defrosted)
  - 100ml milk
  - 2 bay leaves
- 400g potatoes (cooked)
- 4 spring onions, thinly sliced
  - 40g flour
  - 40g breadcrumbs
  - 2 eggs, whisked

## Method

1. Dice your potato and cook in a pan until soft.
2. Meanwhile, in a pan add your milk, fish and bay leaves and bring to a boil. Cover and simmer gently for 5 minutes before removing the heat and allowing the fish to cook through in the milk. After 10 minutes remove fish from pan.
3. Once your potatoes are cooked, drain and mash them gently in the pan. Flake in your cooked fish and spring onions and gently mix. Season with salt and pepper to taste.
4. Meanwhile prepare three bowls, one with flour, the next with whisked egg and the third with breadcrumbs.
5. Divide your fish cake mix into 8 flat circles. One at a time dip and cover in your flour before dipping in your egg and finally coating in breadcrumbs.
6. You can cook in the oven at 200 for 15 minutes (or until golden) air fryer for 10/15 or fry on a pan.
7. Serve with salad and/or home made chips and veg. If serving with home made chips, please follow step 8.
8. Place your potato chips in a large separate bowl and drizzle with oil and a pinch of salt. Combine well. These can be made in the oven alongside the fish for 15 - 20 minutes until cooked. Alternatively you can use an air fryer.

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## The Finer Details

**Per Portion**  
**391** Calories  
**32g** Protein  
**35g** Carbs  
**12g** Fat

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# Coconut & Chickpea Curry

## Ingredients

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



- 400g chickpeas
- 1 cauliflower head, chopped up
  - 1 onion, diced
- 2 cloves of garlic, minced
- 1 thumb size bit of ginger, minced
- 1 tin chopped tomatoes
  - 100g baby spinach
  - 1 tin of coconut milk
  - 1 tbsp curry powder
- Rice

## Method

1. Add everything except the coconut milk and spinach to the slow cooker.
2. Cook for 4 hours on high or 8 hours on low. Alternatively put in to the oven in an oven proof dish at 200 for 1 hour.
3. About 10 minutes before the dish is finished, add in your coconut milk and spinach and stir well to combine. Meanwhile, begin to cook your rice as per the instructions.
4. Once your rice is cooked, remove your curry from the oven and serve.

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## The Finer Details

**Per Portion**  
**310** Calories  
**11g** Protein  
**42g** Carbs  
**11g** Fat

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# Spaghetti & Meatballs

## Ingredients

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



- 1 tbsp oil
- 1 onion, finely chopped
- 1 pepper
- 1 x tin chopped tomatoes
- 60g feta cheese
- 500g mince (any mince will do, needs to be defrosted)
- 400g spaghetti
- Salt and pepper to season

## Method

- 1.** Make your meatballs in a bowl by combining the mince with salt and pepper and any other seasoning or spice you fancy. Knead and roll into small balls. These can be cooked in an air fryer, on a pan or in the oven for 12 minutes.
- 2.** Meanwhile, in a large frying pan heat your oil and add your onion and pepper. Stir fry until they begin to soften. In a separate pan, cook your spaghetti as per the instructions.
- 3.** Add in your chopped tomatoes (and any other veg you fancy) bring to the boil and simmer for 5 minutes.
- 4.** When your meatballs are ready, add into the pan and stir. Use a ladle of the spaghetti water to the pan before draining the pasta and placing to one side.
- 5.** Wait a couple of minutes before serving and topping with crumbled feta cheese.

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## The Finer Details

**Per Portion**  
**432** Calories  
**42g** Protein  
**40g** Carbs  
**6g** Fat

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# Fish & Chips

## Ingredients

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



- 1 tbsp oil
- 3 x eggs
- 120g cornflakes
- 40g flour
- 4 x pieces of defrosted white fish (approx 500g)
- 4 x large potatoes (approx 600g) cut into chips
- Frozen peas
- Salt, pepper and/or vinegar to taste

## Method

1. Set up three bowls, one with the eggs whisked, the second with crushed up cornflakes and the third with flour and a pinch of salt and pepper (ensure all are well mixed).
2. Take your fish, piece by piece, coat in the flour then egg mix before dipping into the cornflake mix. Place your fish on your oven tray or into the air fryer tray for 15 minutes at 200 heat.
3. In a large separate bowl place your potato chips in and drizzle over with oil and pinch of salt. Combine well. These can be made in the oven alongside the fish for 15 - 20 minutes until cooked. Alternatively you can use an air fryer.
4. Cook your frozen veg as per the instructions.

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## The Finer Details

**Per Portion**  
**530** Calories  
**41g** Protein  
**60g** Carbs  
**15g** Fat

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# Katsu Chicken Curry

## Ingredients

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



- 4 chicken breasts
- 80g breadcrumbs
  - 2 beaten eggs
  - 40g of flour
  - Lettuce
- Cucumber, sliced
- Rice to serve

### For the Katsu sauce:

- 2 tbsp dark soy sauce
  - 2 tbsp honey
  - 2 tbsp milk
- 100g mayonnaise (light if possible)
- 2 tbsp curry powder

## Method

1. Set up three bowls. One with the flour, one with the whisked egg and the last with breadcrumbs.
2. Take your chicken breast and cover in flour, then dip in egg before finally covering in breadcrumbs.
3. You can cook in the air fryer for 15 minutes, in the oven for 25 minutes or fry in a pan, until cooked.
4. Meanwhile, cook your rice as per instructions. You can also start to make your sauce by combining soy sauce, honey, milk, mayo and curry powder. Stir until smooth.
5. When rice and chicken is cooked, cut your lettuce and cucumber to serve. Slice the chicken on top of the rice and drizzle over your sauce.

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## The Finer Details

**Per Portion**  
**550** Calories  
**45g** Protein  
**53g** Carbs  
**15g** Fat

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