

# MEAL PLAN

**SUNDAY** ROAST GAMMON & CHEESY  
VEGETABLE BAKE

**MONDAY** COURGETTE, HALLOUMI  
FRITTERS & CARROT CHIPS

**TUESDAY** SWEET & SOUR PORK BALLS  
WITH RICE

**WEDNESDAY** CHICKEN NUGGETS, CHIPS &  
BEANS

**THURSDAY** CHORIZO & VEGETABLE BAKE

**FRIDAY** CHICKEN KEBABS

**SATURDAY** HONEY MUSTARD SAUSAGE  
TRAY BAKE

# INGREDIENTS



6 X SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09	£1.09
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25	£1.25
3 X COURGETTES	£1.29	£1.29	£1.68	£1.29	£1.29	£2.39
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50	£0.55
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50	£0.50
4 X GARLIC	£0.95	£0.95	£0.75	£0.85	£0.99	£0.95
GINGER	£1.10	£0.49	£0.70	£1.10	£0.99	£0.16
400G MUSHROOMS	£1.25	£1.25	£1.29	£1.55	£1.88	£0.95
1 X PEPPER	£0.60	£0.59	£0.60	£0.55	£0.49	£0.39
16 X ONIONS	£0.55	£0.89	£0.95	£1.10	£0.99	£0.95
FRESH PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.89	£0.60
CUCUMBER	£0.79	£0.79	£0.79	£0.79	£0.75	£0.79
120G SALAD	£1.00	£0.60	£0.80	£0.90	£1.19	£0.83
1KG GAMMON JOINT	£4.09	£4.09	£7.50	£4.29	£7.49	£3.99
500G PORK MINCE	£2.65	£2.69	£2.65	£2.69	£2.41	£2.69
200G CHORIZO	£2.50	£1.89	£2.25	£2.00	£2.49	£1.79
900G BONELESS CHICKEN THIGHS	£6.20	£5.19	£8.30	£6.00	£5.99	£5.79
300G DOUBLE CREAM	£1.19	£1.19	£1.35	£1.19	£1.35	£1.15
200G CHEESE	£1.99	£1.49	£2.00	£2.00	£1.75	£2.80
225G HALLOUMI	£2.15	£2.15	£2.70	£2.15	£2.69	£2.15
500ML NATURAL YOGURT	£0.45	£0.45	£1.10	£0.60	£0.45	£0.35
GARLIC POWDER	£0.90	£0.52	£0.60	£1.10	£1.09	£0.60
OREGANO	£0.90	£0.55	£0.60	£1.10	£1.09	£0.79
PAPRIKA	£0.90	£0.59	£0.70	£1.10	£1.09	£0.69
CHILLI POWDER	£0.90	£0.59	£0.70	£1.10	£0.99	£0.79
CHINESE 5 SPICE	N/A	£0.90	£0.75	£1.10	£1.09	£0.75
CHILLI FLAKES	£1.10	£0.65	£0.70	£1.10	£0.99	£0.65
CUMIN	£0.90	£0.65	£0.70	£1.10	£1.09	£0.75
CAJUN SPICES	£1.85	£0.65	£0.80	£1.10	£1.85	£0.89
TUMERIC	£0.90	£0.55	£0.70	£1.10	£1.09	£0.75
ONION POWDER	£1.10	N/A	£0.70	£0.95	£0.99	£0.89
MIXED HERBS	£0.90	£0.55	£0.60	£1.10	£1.09	£0.85
TANDOORI MASALA	£1.20	N/A	£0.99	£1.15	£0.99	£0.99
HONEY	£0.75	£0.75	£0.75	£0.79	£0.75	£0.75
MUSTARD	£0.85	£0.59	£0.70	£0.80	£0.85	£0.59
DARK SOY SAUCE	£0.65	£0.55	£0.65	£0.65	£0.89	£0.55
TOMATO KETCHUP	£1.35	£0.93	£0.60	£0.63	£0.87	£0.79
RICE WINE VINEGAR	£2.00	£1.35	£1.20	£2.10	£2.10	£0.95
GOLDEN BREADCRUMBS	£1.15	£0.79	£1.55	£1.55	£1.15	£1.19
CORNFLOUR	£1.00	£1.50	£2.75	£1.00	£1.29	£1.25
1.5KG PLAIN FLOUR	£0.58	£0.58	£0.58	£0.58	£1.65	£0.79
RICE	£0.45	£0.48	£0.48	£0.48	£1.35	£0.48
CORNFLAKES	£0.70	£2.25	£2.25	£0.70	£0.85	£1.25
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49	£0.33
PINEAPPLE CHUNKS	£1.00	£0.89	£1.00	£1.00	£1.09	£1.09
1KG FROZEN MIXED VEG	£0.99	£0.99	£0.82	£1.00	£1.19	£0.99
950G FROZEN SWEETCORN	£1.22	£1.35	£1.60	£1.28	£1.69	£1.35
20 SAUSAGES	£1.60	£2.09	£1.50	£1.49	£1.49	£2.29
15 EGGS	£1.99	£1.99	£1.99	£2.60	£2.39	£1.99
<b>TOTALS</b>	<b>£60.49</b>	<b>£53.33</b>	<b>£66.58</b>	<b>£63.05</b>	<b>£70.95</b>	<b>£58.13</b>

**OR £48.92 ACROSS THE STORES**

# Roast Gammon & Cheesy Vegetable Bake

**Per Portion**  
200-250 Calories  
10-12.5g Protein  
22-27.5g Carbs  
10-15g Fat

## Ingredients



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

### For the cheesy potato & vegetable bake:

- 500g potatoes, washed and dried
  - 1 tbsp oil
- 180ml double cream
  - 1/2 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 50g cheese, grated
- 200g frozen mixed vegetables, defrosted

## Method

1. In a bowl, combine the honey, garlic, and mustard. Mix well until the honey is slightly sticky and thoroughly incorporated into the mustard.
2. Place the gammon joint on a clean surface and generously smother it with the honey-mustard mixture, making sure to coat all sides of the joint.
3. Loosely wrap the gammon joint in foil, ensuring it is well-sealed but with some room for heat circulation. This will help keep the moisture in during the cooking process.
4. Preheat your air fryer to 200°C.
5. Carefully place the foil-wrapped gammon joint into the air fryer basket.
6. Roast the gammon for 25 minutes at 200°C.
7. After 25 minutes, remove the foil from the gammon joint.
8. Continue cooking the gammon for an additional 25 minutes at 170°C.
9. Once the cooking time is complete, carefully remove the gammon joint from the air fryer and wrap it tightly in foil.
10. Allow the gammon to rest in the foil for 20 minutes.

### Let's make the cheesy potato & vegetable bake:

1. Preheat your air fryer to 180°C.
2. Peel the potatoes and slice them into thin rounds. Put the oil in a bowl and tip in the potatoes and give them a good mix to ensure they are well coated.
4. Place the potato slices in the air fryer basket.
6. Air fry the potatoes at 180°C for the initial 18 minutes.
7. While the potatoes are air frying, prepare the cream mixture. In a separate bowl, combine the double cream, salt, garlic powder, and black pepper. Stir well until all the ingredients are thoroughly combined.
8. After the initial 18 minutes of air frying, add the defrosted mixed vegetables to the basket with the potatoes.
9. Pour the prepared cream mixture over the potatoes and vegetables, ensuring they are evenly coated.
10. Gently press down on the potatoes to help them settle into the cream mixture.
11. Return the basket to the air fryer and continue air frying at a reduced temperature of 150°C for 15-18 minutes, or until the potatoes are tender.
12. Sprinkle the grated cheese evenly over the potatoes.
13. Air Fry the potatoes again at 200°C for an additional 1-2 minutes, or until the cheese has melted and is nicely golden.
14. Once cooked, remove from the air fryer and allow the cheesy potato and vegetable bake to cool for about 10 minutes before serving.

# Courgette, Halloumi Fritters & Carrot Chips

**Per Portion**  
**380** Calories  
**19g** Protein  
**36g** Carbs  
**18g** Fat

## Ingredients



- 2 medium courgettes, coarsely grated
  - 225g block of halloumi cheese, coarsely grated
  - 150g (1 cup) of frozen sweetcorn, thawed
  - 2 eggs, lightly whisked
  - 150g (2/3 cup) of self-raising flour
  - 1 tsp dried oregano
  - Oil
  - Natural yoghurt, to serve
- For the carrot chips:**
- 4 carrots, cut into chips
  - 1 teaspoon paprika
  - ½ teaspoon chilli powder
  - 2 teaspoons oil

## Method

1. Squeeze out excess liquid from the grated courgettes using your hands. Place them in a bowl.
2. Add the grated halloumi and thawed sweetcorn to the bowl. Stir to combine.
3. Make a well in the centre and add the lightly whisked eggs, self-raising flour, and oregano. Season with salt and pepper. Stir until well combined.
4. Line the air fryer rack with baking paper and brush it with oil.
5. Drop tablespoonfuls of the zucchini mixture onto the air fryer rack.
6. Set your air fryer to 200°C.
7. Cook for 8 minutes, turning half way through or until the fritters are crisp and golden.
8. Transfer to a plate. Repeat with the remaining mixture.
9. Arrange the warm fritters on a serving plate.
10. Serve the fritters with the carrot chips.

### Let's make the carrot chips:

1. Place the carrot chips into a bowl.
2. Pour in the oil, chilli powder, and paprika. Stir to combine, ensuring that all the carrot chips are evenly coated.
3. Put the coated carrot chips into the air fryer basket.
4. Set your air fryer to 200°C.
5. Cook for 10 minutes, giving them a good shake at 5 minutes.
6. Turn the heat up to 240c and cook for 7 minutes more.
7. Cooking time may vary depending on the air fryer's power.
8. Continue cooking until the carrot chips are golden and cooked through. If using a less powerful air fryer, it may take a little longer.

# Sweet & Sour Pork Balls with Rice

**Per Portion**  
**557.5** Calories  
**31g** Protein  
**76g** Carbs  
**12g** Fat

## Ingredients



- 500g pork mince
- 2 spring onions, white section thinly sliced, green section thinly sliced diagonally
  - 2 garlic cloves, crushed
- 2 teaspoons finely grated fresh ginger
  - 1/4 teaspoon Chinese five spice
- 25g (1/2 cup) golden breadcrumbs
  - 1 egg, lightly whisked
- Ground white pepper, to taste
  - 300g long grain rice

### For the sweet & sour sauce:

- Small tin of pineapple chunks
- 80ml (1/3 cup) tomato sauce
  - 2 tablespoons vinegar
  - 2 teaspoons soy sauce
  - 2 teaspoons cornflour
    - 1 tsp sugar

## Method

1. Cook the rice as per the pack instructions.
2. In a large bowl, combine the pork mince, white section of the spring onion, garlic, ginger, Chinese five spice, breadcrumbs, and egg. Season with salt and white pepper. Mix with clean hands until well combined.
3. Shape the mixture into 10 balls.
4. Cook the meatballs in batches at 180°C for 10 minutes, or until golden and cooked through.
5. Meanwhile, for the sweet and sour sauce, place the tin of pineapple and its juice, tomato sauce, vinegar, sugar and soy sauce in the air fryer basket.
6. In a small bowl, whisk together the cornflour and 1 tablespoon of water until smooth. Add the cornflour mixture to the sauce and heat at 200c for 10 minutes.
7. Serve the meatballs with the rice and pour the sauce over the top.

# Chicken Nuggets, Chips & Beans

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## Per Portion

**585** Calories

**41.5g** Protein

**73.3g** Carbs

**10.9g** Fat

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## Ingredients



- 4 chicken breasts
- 4 eggs, beaten
- 100g crushed cornflakes
  - Tin of beans

### For the chips:

- 1kg potatoes
- 1 tbsp oil
- 1 tsp salt
- 1 tsp pepper

## Method

1. Begin by chopping the chicken breasts into bite-sized chunks.
2. In a bowl, crack the eggs and beat them well.
3. Place the crushed cornflakes in a separate bowl.
4. Take a piece of chicken and dip it into the beaten eggs, making sure it is fully coated.
5. Next, dip the egg-coated chicken into the bowl of crushed cornflakes, pressing gently to ensure the flakes adhere to the chicken.
6. Preheat your air fryer to 200C.
7. Transfer the coated chicken nuggets to the air fryer basket.
8. Repeat the process with the remaining chicken pieces.
9. Cook the nuggets for approximately 15 minutes, or until they are golden brown and cooked through.
10. Carefully remove the tray from the air fryer and let the nuggets cool slightly before serving.
11. Heat the beans up in a small pot or in the microwave.

### Let's make the chips:

1. Mix the oil with the salt and pepper in a large bowl.
2. Cut the potatoes into chips – you don't need to peel them if you don't want to.
3. Tip the bowl into the air fryer and cook for 10 minutes at 200C.
4. Shake the basket and cook for another 10 minutes at 240C shaking regularly.

# Chorizo & Vegetable Bake

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**Per Portion**  
**436** Calories  
**14.25g** Protein  
**35.25g** Carbs  
**24.75g** Fat

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## Ingredients



- 200g chorizo, sliced
- 500g baby/new potatoes, halved
- 150g sliced mushrooms
  - 1 pepper, diced
  - 1 onion, diced
  - 2 tbsp oil
- 4 tbsp Cajun spice mix

## Method

- 1.** In a large bowl, combine the sliced chorizo, diced onions, diced peppers, halved potatoes, and sliced mushrooms.
- 2.** Drizzle the oil over the ingredients and toss until they are evenly coated.
- 3.** Sprinkle the Cajun spice mix over the mixture and stir well to ensure all the ingredients are coated with the spices.
- 4.** Transfer the chorizo and veg medley to the air fryer basket, spreading it out evenly.
- 5.** Preheat the air fryer to 180°C.
- 6.** Cook the medley in the air fryer at 180°C for 18-22 minutes, or until the potatoes are cooked through and crispy, and the chorizo is nicely browned.
- 7.** Once cooked, remove the chorizo and veg medley from the air fryer and transfer it to a serving dish.

# Chicken Kebabs

**Per Portion**  
**660** Calories  
**48.5g** Protein  
**30.25g** Carbs  
**44.75g** Fat

## Ingredients



- 900g boneless chicken thighs
- 2 chopsticks (trimmed if necessary)
- Marinade: 1 tsp garlic purée, ginger purée, turmeric, cumin, chilli powder, onion powder, chilli flakes, paprika
  - 1 tsp olive oil
  - 3 tbsp tandoori masala
  - 1 tbsp yogurt
- 4 homemade flatbreads
  - Bag of salad

### For the sauce:

- 3 tbsp yoghurt
- Handful of parsley
- 5cm of cucumber, grated

### For the homemade flatbreads:

- 140g plain flour
- 175g yoghurt
- 1 tsp baking powder

## Method

1. In a bowl, mix the marinade ingredients with the yoghurt and oil.
2. Coat the chicken thighs with the marinade and allow them to marinate for at least an hour.
3. Load the marinated chicken thighs onto the two skewers and place them in the air fryer.
4. Cook the chicken kebabs in the air fryer at 200°C for 20 minutes, turning them halfway through to ensure even cooking.
5. Meanwhile, prepare the sauce by mixing the yoghurt with the parsley and cucumber. Set aside.
6. Slice the cooked chicken and serve it on homemade flatbreads along with a generous serving of salad. Drizzle the yogurt sauce over the kebabs.

### Let's make the homemade flatbreads:

1. In a bowl, combine the plain flour, yoghurt and baking powder.
2. Gradually mix the ingredients.
3. Divide the dough into 4 portions and roll each portion out until they are approximately 1cm thick.
4. Put in the air fryer and cook for 5 minutes at 200c turning halfway. Alternatively, heat a frying pan over high heat and cook the flatbreads for about 2 minutes on each side until they are golden brown.



# Honey Mustard Sausage Tray Bake

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**Per Portion**  
**297.5** Calories  
**6.1g** Protein  
**51.25g** Carbs  
**8.3g** Fat

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## Ingredients



- 4 tbsp honey
- 4 tbsp mustard
  - 1 tbsp oil
  - 8 sausages
- 4 sweet potatoes, cut into chunks
  - 1 onion, cut into wedges
  - 1 pepper, sliced
- 4 carrots, cut into chunks
- Salt and pepper, to taste

## Method

1. In a large bowl, combine the honey, mustard, and oil.
2. Add the sausages, sweet potatoes, onion wedges, pepper slices, and carrot chunks to the bowl with the dressing.
3. Stir well to coat all the ingredients with the honey mustard mixture.
4. Transfer the mixture to the air fryer, spreading it out evenly to ensure even cooking. If there is any remaining dressing, pour it over the ingredients in the air fryer. If you have a dual drawer air fryer, split the mix between the 2 drawers.
5. Season with salt and pepper according to your taste preferences.
6. Set the air fryer to 180°C and cook the Honey Mustard Sausage Bake for approximately 30 minutes, or until the sausages are cooked through and the vegetables are tender.
7. During the cooking process, you may want to shake the air fryer basket or stir the ingredients halfway through to ensure they cook evenly.
8. Once the sausages are browned and the vegetables are cooked to your liking, remove them from the air fryer.