

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	ASDA	SAINSBURYS	MORRISONS
1KG BABY POTATOES	£0.95	£0.69	£1.00	£0.80	£1.00
1KG ONIONS	£0.55	£0.89	£0.95	£1.10	£0.99
1KG RED ONIONS	£0.65	£0.65	£1.00	£1.10	£0.99
CAULIFLOWER	£0.95	£0.95	£1.00	£0.75	£0.79
250G MUSHROOMS	£1.25	£1.25	£1.29	£1.55	£1.88
240G BABY SPINACH	£1.00	£0.79	£1.00	£1.50	£0.99
250G CHERRY TOMATOES	£2.60	£1.30	£1.30	£2.70	£1.18
250G SALAD	£1.00	£0.60	£0.80	£0.90	£1.19
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50
500G LEEKS	£1.19	£1.19	£1.30	£1.19	£1.29
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
CUCUMBER	£0.79	£0.79	£0.79	£0.79	£0.75
TOMATOES	£0.85	£0.85	£2.00	£1.60	£0.99
6 X PITTA BREADS	£0.55	£0.55	£0.65	£0.55	£0.65
KIDNEY BEANS	£0.33	£0.33	£0.33	£0.45	£0.65
3 X CHOPPED TOMATOES	£0.96	£0.96	£0.96	£0.96	£0.96
RICE	£0.45	£0.48	£0.48	£0.48	£1.35
500G RED LENTILS	£1.40	£1.15	£1.35	£1.35	£1.39
LASAGNE SHEETS	£0.95	£0.79	£0.80	£0.95	£0.99
500G PASTA	£0.41	£0.41	£0.41	£0.82	£0.95
CINNAMON	£0.90	£0.65	£0.70	£1.09	£1.10
GARLIC GRANULES	£0.90	£0.52	£0.70	£1.09	£1.10
BREADCRUMBS	£1.15	£0.79	£1.55	£1.55	£1.15
2 X TUNA	£1.10	£1.10	£1.58	£3.00	£2.00
MOZZARELLA	£0.69	£0.69	£1.10	£0.55	£0.69
100G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83
PUFF PASTRY	£1.25	£1.09	£1.25	£1.25	£1.25
900G MEAT FREE MINCE	£4.00	£2.70	£4.00	£4.50	£4.00
1KG CHICKEN BREASTS	£3.79	£3.79	£4.10	£6.00	£5.25
TOTALS	£31.39	£27.26	£33.69	£39.72	£36.35

OR £26.12 ACROSS THE TWO STORES

The Pantry

Left from Last Week

GARLIC

POTATOES

PEPPERS

FLOUR

OREGANO

CUMIN

PAPRIKA

CHILLI POWDER

VEGETABLE OIL

CHICKEN STOCK CUBES

BEEF STOCK CUBES

EGGS

FROZEN VEG

Chicken Pie

Ingredients



- 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.** In a pan, melt butter and sauté leeks and onions until softened. Add chicken and chicken stock, then reduce heat and simmer for 5 minutes.
- 2.** Stir in cream cheese until the sauce thickens. Add mushrooms and continue stirring for 5 minutes. Remove from heat and add spinach while preparing the oven dish.
- 3.** Transfer the pan ingredients to an oven dish. Place puff pastry over the top. Whisk an egg with 1 tsp of water to make an egg wash.
- 4.** Brush the pastry with the egg wash and bake in the oven at 180°C for approximately 20 minutes.
- 5.** Serve with vegetables or salad.

The Finer Details

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

Tuna Fishcakes

Ingredients



- 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.** In a pan, dice and cook the potato until it becomes soft. Once the potatoes are easily pierced, mash them and combine them with garlic granules, cooked vegetables, and tuna in a large bowl. Mix well using your hands and shape the mixture into patties.
- 2.** Prepare a "fishcake prep line" with three bowls: one with flour, the next with beaten egg and cold water, and the third with breadcrumbs.
- 3.** Coat each fishcake in plain flour, then dip it into the egg mixture. Finally, coat it in breadcrumbs. Repeat this process for the remaining fishcakes, then refrigerate them until you are ready to cook.
- 4.** Heat a large frying pan and fry the fishcakes for approximately 4-5 minutes per side or until they turn golden brown. Place the cooked fishcakes on kitchen paper to drain any excess oil.
- 5.** Serve the fishcakes with a side salad.

The Finer Details

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

Chilli Rice

Ingredients



- 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. Cook the rice according to the instructions in a pan.
2. In a separate pan, heat oil and sauté the onion and pepper. Add the mince to the pan.
3. Once the onion begins to soften, add the chilli powder, cumin, and garlic. Stir for a minute.
4. Add the tinned tomatoes and kidney beans to the pan, followed by the stock.
5. Stir well, bring to a boil, cover, and simmer until the mince is cooked.
6. Once the rice is ready, add it to the pan with the 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



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

Method

- 1.** In a deep oven-proof dish, layer the mozzarella at the bottom. Add the tomatoes and onions on top and drizzle with oil.
- 2.** Place the dish in the oven and bake at 200°C for 20 minutes.
- 3.** Meanwhile, cook the pasta in a separate pan following the instructions. Before draining the pasta, save a ladle of pasta water to pour into the mozzarella dish.
- 4.** Lightly combine the mozzarella, tomatoes, and pasta water. Then add the drained pasta to the dish.
- 5.** Stir in the spinach, allowing the heat from the dish to slightly wilt the spinach. Serve immediately.

The Finer Details

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

Chicken & New Potato Hash

Ingredients



- 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 the potatoes in the microwave on full power for 8 minutes.
2. In a pan, melt the oil and add the chicken. Let it brown slightly for a couple of minutes, then add onions and any other vegetables you have on hand.
3. Fry for another minute or until the vegetables soften. Remove from the pan and place in a bowl.
4. Once the potatoes are cooked, add them to the same hot pan and let them brown. Add paprika, salt, and spinach, and stir before returning the chicken to the pan.
5. Plate the chicken and potato hash, then fry the eggs according to your preference and serve.

The Finer Details

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

Koftas

Ingredients



- 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.** Prepare the koftas by mixing the mince, cinnamon, cumin, garlic, spring onions, salt, and pepper. Shape the mixture into 4 sausage-like shapes.
- 2.** Cook the koftas in an air fryer at 200°C for 10 minutes, or fry them in a pan for 5 minutes on each side, ensuring the meat is thoroughly cooked before serving.
- 3.** Create the salad by combining sliced tomatoes, cucumber, and onion in a bowl. Optionally, drizzle a little oil or vinegar over the salad. Warm the pittas in the air fryer for a couple of minutes or quickly on a pan.

Note: Adjust cooking times as needed to ensure the koftas are cooked through and reach a safe internal temperature.

The Finer Details

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

Lentil Lasagne

Ingredients



- 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 the lentils with cold water and place them in a pan. Add enough water to cover the lentils by approximately 2cm. Bring to a boil, then reduce the heat and simmer gently for 20 minutes or until most of the water is absorbed by the lentils.
2. While the lentils cook, in a separate pan, cook the cauliflower in hot water until soft. This should take approximately 10-15 minutes.
3. In another pan, heat the oil and sauté the onion, carrot, and any additional vegetables you want to include until the onions soften.
4. Add tomatoes and oregano to the pan. Stir well for 5 minutes, then add the cooked lentils. Stir and cover until the lentil mixture thickens. This will be used as the lentil mix for 2 layers and as a topping.
5. Drain the cooked cauliflower and prepare cauliflower purée by blending it with milk in a food processor until smooth. Alternatively, mash it by hand until smooth. This will be used for the middle layer and as a topping.
6. In an ovenproof dish, start with a layer of lentil mix at the bottom. Place a single layer of lasagne sheets on top. Add another layer of lentil mix, followed by a layer of cauliflower purée. Repeat with another layer of lasagne sheets.
7. Finish by adding the remaining lentil mix, remaining lasagne sheets, and finally, the remaining cauliflower purée.
8. Loosely cover the dish with foil and bake at 200°C for 30-35 minutes.

The Finer Details

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