

# MEAL PLAN

**SUNDAY** CHICKEN, ROAST POTATOES &  
VEGETABLES

**MONDAY** FETA PASTA

**TUESDAY** QUESADILLA CONES

**WEDNESDAY** TOAD IN THE HOLE

**THURSDAY** MEATBALL SUBS

**FRIDAY** CRISPY FISH & CHIPS

**SATURDAY** CHICKEN FRIED RICE

# INGREDIENTS



3 X CHERRY TOMATOES	£3.90	£1.95	£1.95	£4.05	£1.77	£2.80
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25	£1.00
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50	£0.55
SWEDE	£0.80	£0.62	£0.65	£0.62	£0.79	£0.70
1 PEPPER	£0.60	£0.59	£0.60	£0.55	£0.49	£0.60
250G BABY SPINACH	£1.00	£0.76	£1.00	£1.50	£0.99	£1.60
30G BASIL	£0.52	£0.52	£0.55	£0.52	£0.89	£0.85
LEMON	£0.55	£0.55	£0.55	£0.69	£0.50	£0.45
500G PARSNIPS	£0.50	£0.50	£0.65	£0.62	£0.50	£0.44
2 X SALAD BAGS	£1.66	£1.20	£1.60	£2.40	£1.38	£3.20
WHOLE CHICKEN	£3.56	£3.44	£4.50	£4.50	£4.25	£7.25
500G BEEF MINCE	£2.49	£2.49	£3.45	£2.49	£2.49	£2.50
SALAD CHEESE	£0.85	£0.85	£0.85	£0.85	£0.85	£1.90
100G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83	£2.00
500G GRATED CHEESE	£2.80	£2.80	£2.80	£2.80	£2.80	£3.00
500G PASTA	£0.41	£0.41	£0.41	£0.82	£0.95	£0.75
TOMATO SALSA	£1.00	£0.85	£1.15	£1.30	£1.40	£1.20
PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.89	£1.50
ROSEMARY	£0.52	£0.52	£0.55	£0.52	£0.89	£1.50
THYME	£0.52	£0.52	£0.55	£0.52	£0.89	£1.50
520G WHITE FISH FILLETS	£2.50	£3.79	£2.50	£2.50	£4.25	£12.50
CORN ON THE COB	£0.55	£0.89	£1.25	£0.80	£1.29	N/A
4 SUB ROLLS	£0.95	£0.72	£1.05	£0.85	£0.89	£2.40
WRAPS	£0.99	£0.69	£1.10	£0.99	£1.19	£2.20
<b>TOTALS</b>	<b>£29.65</b>	<b>£27.91</b>	<b>£31.31</b>	<b>£33.09</b>	<b>£32.92</b>	<b>£52.39</b>

**OR £25.37 ACROSS THE STORES**

# The Pantry

## Left from Last Week

ONION

RICE

SOY SAUCE

GOLDEN BREADCRUMBS

PLAIN FLOUR

PAPRIKA

GARLIC POWDER

CHILLI FLAKES

CHILLI POWDER

OREGANO

EGGS

FROZEN VEG

FROZEN SAUSAGES

FROZEN SWEETCORN

# Chicken, Roast Potatoes & Vegetables

**Per Portion**  
736 Calories  
42.25g Protein  
48.25g Carbs  
48.1g Fat



## Ingredients

- 1 chicken
- 1 onion, quartered
- 1 lemon (reserve zest)
  - 4 tbsp butter
- 2 cloves garlic, minced
  - 2 tsp rosemary
  - 2 tsp thyme
  - 2 tsp salt
- 1 tsp pepper

### For the roasted vegetables:

- 500g potatoes
  - 4 carrots
  - ½ swede
  - 2 parsnips
  - 2 tbsp oil
- Salt and pepper

## Method

1. Preheat your air fryer to 200°C.
2. Zest the lemon and set the zest aside.
3. Quarter the lemon and place half of it inside the chicken cavity.
4. Add the onion to the chicken cavity.
5. In a small bowl, mix together the butter, minced garlic, rosemary, thyme, and lemon zest. Season the mixture with salt and pepper.
6. Use your hands to coat the entire chicken with the butter mixture, ensuring it is evenly distributed.
7. Season the chicken with additional salt and pepper.
8. Carefully place the chicken upside down in the air fryer.
9. Sprinkle the reserved lemon zest over the chicken skin.
10. Cook the chicken in the air fryer for 30 minutes at 200°C.
11. Flip the chicken and continue cooking for another 20 minutes. Check the chicken to ensure it is cooked through, and then remove it from the air fryer.
12. Wrap the chicken in foil and let it rest for 15 minutes.
13. Save 400g of the cooked chicken to use in chicken fried rice and quesadilla cones later in the week.

### Let's make the roasted vegetables:

1. Preheat your air fryer to 200°C.
2. Cut the potatoes, carrots, swede, and parsnips into evenly sized chunks.
3. In a bowl, season the oil with salt and pepper.
4. Add the prepared vegetables to the bowl and mix well, ensuring they are thoroughly coated with the seasoned oil.
5. Place the vegetables into the air fryer basket.
6. Cook for 20 minutes at 200°C, shaking the basket halfway through to ensure even cooking.
7. Increase the temperature to 240°C and cook for an additional 8 minutes until the vegetables are nicely roasted and golden.

# Feta Pasta

## Per Portion

**558** Calories

**18.75g** Protein

**52.25g** Carbs

**29.75g** Fat



## Ingredients

- 2 packs cherry tomatoes
  - 5 tablespoons oil
- 200g salad cheese (such as feta)
  - 1 tsp dried oregano
  - Salt and pepper, to taste
  - 250g pasta
  - 1 garlic clove, minced
- 1 handful fresh baby spinach
  - 5g chopped fresh basil

## Method

1. Preheat your air fryer to 180°C.
2. Toss the cherry tomatoes with 3/4 of the oil.
3. Place the salad cheese in the middle of the basket, drizzle it with the remaining oil, and sprinkle with salt, pepper, and dried oregano.
4. Cook for about 30 minutes. Stir the tomatoes and cheese every 10 minutes, until the tomatoes have burst, and the cheese is nicely browned.
5. While the tomatoes and cheese are cooking, prepare the pasta according to the package directions. Reserve 1 cup of pasta water before draining.
6. Remove the cheese and tomato mixture from the air fryer and stir in the minced garlic until everything combines into a creamy sauce.
7. In a large bowl, combine the cooked pasta with the sauce, adding the fresh baby spinach and chopped basil. If the sauce seems too thick, add some of the reserved pasta water to loosen it up.
8. Season the pasta dish with additional salt and pepper to taste.

*\*This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*

# Quesadilla Cones

## Per Portion

**631** Calories  
**35.5g** Protein  
**61.5g** Carbs  
**25g** Fat



## Ingredients

- 200g leftover chicken, shredded
  - 300g mild tomato salsa
  - 1 red pepper, finely chopped
- 125g frozen sweetcorn, defrosted
  - 8 tortilla wraps
  - 200g grated cheese
  - ½ bag of salad

## Method

- 1.** In a large bowl, combine the shredded chicken, mild tomato salsa, finely chopped red pepper, and defrosted sweetcorn.
- 2.** Working with one tortilla at a time, roll it into a cone shape. Use a toothpick to secure the join on the side. Repeat this process with the remaining tortillas.
- 3.** Sprinkle a little cheese into each cone. Add approximately 1/2 cup of the chicken mixture to each cone. Sprinkle a little more cheese on top at the wider end of the cone.
- 4.** Spray or brush the cones with oil to promote crispiness.
- 5.** Line the air fryer basket with a sheet of baking paper, leaving a gap around the edges to allow air to circulate. Place the cones onto the paper, around 3 at a time depending on the size of your air fryer.
- 6.** Cook the cones at 180°C for 5 minutes or until heated through.
- 7.** Once cooked, carefully lift out the cones and allow them to cool slightly. Remove the toothpicks before serving.
- 8.** Serve with the salad.

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# Toad in the Hole

## Per Portion

**811.5** Calories

**41.5g** Protein

**80.75g** Carbs

**42.75g** Fat



## Ingredients

- 8 pork sausages
- 140g plain flour
  - 2 eggs
  - 175ml milk
  - 2 tbsp oil
- Salt and pepper

### For the creamy roast potatoes and root vegetables

- 500g potatoes
  - 2 carrots
  - ½ swede
- 2 tbsp butter
- 2 tbsp milk

## Method

1. Preheat the air fryer to 180c
2. Place the sausages in a single layer in the air fryer basket and cook for 5 minutes. In a mixing bowl, whisk together the flour, eggs, and milk until smooth. Season with salt and pepper.
3. Once the sausages have cooked for 5 minutes, remove the air fryer basket, and pour the batter over the sausages.
4. Return the air fryer basket to the air fryer and cook for a further 15 – 20 minutes until the batter has risen and has turned golden brown.
5. Remove from the air fryer and serve hot with mashed root vegetables.

6. Mashed potatoes and root vegetables.

### Lets make the creamy roast potato and root vegetables

1. Peel the potatoes, carrots and swede and cut them into small bite-sized pieces. Wrap them in foil and place in the air fryer for 25 minutes at 200C.
2. Remove the foil and add the butter and milk and stir well.
3. Cook for another 15 minutes until the veg is soft.
4. Take the veg out of the air fryer and drain away any leftover liquid.
5. Serve with the toad in the hole.

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# Meatball Subs

**Per Portion**  
**1,089** Calories  
**44.75g** Protein  
**101.75g** Carbs  
**56.5g** Fat



## Ingredients

- 2 large eggs
- Salt and pepper
- 40g breadcrumbs
- 4 large cloves garlic (2 grated and 2 chopped)
- 30g cheese + more for topping
  - 1 tbsp parsley
- 200g sausages, de-skinned
  - 200g beef mince
- 300g cherry tomatoes
  - 1 tbsp chilli flakes
  - 1 tbsp oil
- 4 sub rolls
- 6 tbsp soft cheese
- ½ bag of salad

## For the potato wedges

- 4 medium potatoes
  - 1.5 tbsp oil
  - ½ tsp paprika
  - ½ tsp parsley
- ½ tsp chili powder
  - ½ tsp salt
- 1/8 tsp black pepper

## Method

1. In a large bowl, whisk together the eggs, 1/2 teaspoon each of salt and pepper. Stir in the breadcrumbs and let them sit for 1 minute.
2. Stir in the grated garlic, cheese, and parsley. Add the sausages and beef, gently mixing to combine.
3. Shape the meat mixture into 20 balls, about 1 1/2 inches each, and place them in a single layer on the air fryer rack. If necessary, cook in batches to avoid stacking.
4. Air-fry the meatballs at 200°C for 5 minutes.
5. In a separate bowl, toss the cherry tomatoes, chopped garlic, chili flakes, olive oil, and 1/4 teaspoon each of salt and pepper.
6. Scatter the tomato mixture over the meatballs in the air fryer and continue air-frying until the meatballs are cooked through, about 10 minutes more.
7. Spread the soft cheese on toasted rolls, then top with meatballs, grated cheese and roasted tomatoes.
8. Wrap the subs in foil and put them back in the air fryer for 4 minutes to melt the cheese.
9. Serve with the potato wedges and a side salad.

## Lets make the potato wedges

1. Cut each potato in half lengthwise. Then cut each half in half lengthwise again, and finally, cut each quarter in half lengthwise.
2. Place the potato wedges in a large bowl. Add olive oil, paprika, parsley, chili powder, salt, and black pepper. Mix until well combined.
3. Place the potato wedges in the basket of the air fryer and cook for 10 minutes at 200°C.
4. Shake the potato wedges and cook for another 5 minutes.

# Crispy Fish & Chips

**Per Portion**  
**507.5** Calories  
**51.75g** Protein  
**76.75g** Carbs  
**12g** Fat



## Ingredients

- Air fried crispy fish & chips
  - 4 white fish fillets
- 150g golden breadcrumbs
  - 30g plain flour
  - 1 teaspoon paprika
- 1/2 teaspoon garlic powder
  - 1/2 teaspoon salt
- 1/4 teaspoon black pepper
  - 2 eggs, beaten
  - Cooking spray
- 200g frozen peas

### For chips

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

## Method

- 1.** In a shallow dish, combine the panko breadcrumbs, flour, paprika, garlic powder, salt, and black pepper. Mix well.
- 2.** Dip each white fish fillet into the beaten eggs, allowing any excess to drip off. Then coat the fillet with the breadcrumb mixture, gently pressing it to ensure it sticks well.
- 3.** Lightly spray or brush the air fryer basket with oil to prevent sticking. Place the breaded white fish fillets in a single layer in the air fryer basket. Depending on the size of your air fryer, you may need to cook them in batches. I have a rack for mine to do 2 layers at the same time.
- 4.** Cook the white fish fillets in the air fryer for approximately 8 to 10 minutes, or until they turn golden brown and crispy. To ensure even browning, flip the fillets halfway through the cooking time.
- 5.** Once the fillets are cooked to perfection, remove them from the air fryer and let them cool for a few minutes before serving.
- 6.** Serve with the chips and peas cooked as per the packet instructions.

### Lets 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.

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# Chicken Fried Rice

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**Per Portion**  
**265** Calories  
**9g** Protein  
**42g** Carbs  
**6.4g** Fat

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## Ingredients

- 500g cooked and cooled rice
  - 200g leftover chicken
- 200g mixed frozen vegetables
  - 80ml soy sauce
  - 1 tablespoon oil
  - 2 eggs, beaten

## Method

1. In a large mixing bowl, place the cold, cooked rice.
2. Add the mixed frozen vegetables to the rice.
3. Add the beaten eggs and cooked chicken to the bowl.
4. Pour the soy sauce and oil over the rice mixture.
5. Mix all the ingredients together until well combined.
6. Transfer the rice mixture to your air fryer basket.
7. Set the air fryer to 160°C and cook for about 15 minutes.
8. Stir the rice mixture three times during the cooking process to ensure even heating.
9. Once the chicken fried rice is cooked and the vegetables are tender, remove it from the air fryer.

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