

# MEAL PLAN

**SUNDAY**

**ROAST CHICKEN, SWEET  
POTATO FRIES & SALAD**

**MONDAY**

**LENTIL COTTAGE PIE**

**TUESDAY**

**HUNTERS CHICKEN**

**WEDNESDAY**

**SPAGHETTI BOLOGNESE**

**THURSDAY**

**MEDITERRANEAN  
CHICKEN BOWLS**

**FRIDAY**

**TUNA FISHCAKES & PEAS**

**SATURDAY**

**CHICKEN CHOW MEIN**

# INGREDIENTS



CELERY	£0.57	£0.57	£0.60	£0.57	£0.65	£1.35
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25	£0.85
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50	£0.50
3 X PEPPERS (3 PACK)	£1.25	£1.25	£1.25	£1.00	£1.25	£1.85
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50	£0.55
BEANSPROUTS	£0.75	N/A	£0.50	£0.75	£0.99	N/A
LEMON	£0.55	£0.55	£0.55	£0.69	£0.50	£0.49
120G SALAD	£1.00	£0.79	£0.80	£0.90	£1.19	£1.15
WHOLE CHICKEN	£3.66	£3.53	£4.57	£4.50	£4.25	£5.30
500ML NATURAL YOGHURT	£0.45	£0.45	£1.10	£0.60	£0.45	£1.20
200G CHEESE	£1.99	£1.49	£2.00	£2.00	£1.75	£2.95
1KG CHICKEN BREASTS	£4.25	£4.25	£4.25	£6.00	£6.00	£9.40
500G BEEF MINCE	£2.49	£2.49	£3.45	£2.49	£2.49	£3.10
SALAD CHEESE	£0.85	£0.85	£0.85	£0.85	£0.85	£2.50
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32	£0.70
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95	£0.90
500G COUS COUS	£0.90	N/A	£0.90	£1.60	£0.89	£1.30
2 X TUNA	£1.10	£1.10	£1.58	£3.00	£2.00	£2.40
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49	£0.55
15 X EGGS	£1.99	£1.99	£1.99	£2.60	£2.39	£1.80
LEMON JUICE	£0.65	£0.39	£0.65	£0.75	£0.79	£0.95
150ML WORCESTERSHIRE SAUCE	£1.00	£0.69	£0.80	£1.19	£1.00	N/A
LIGHT SOY SAUCE	£0.65	£0.55	£0.65	£0.65	£0.89	£1.20
TOMATO PUREE	£0.52	N/A	£0.65	£0.65	£0.65	£1.25
EGG NOODLES	£1.25	£1.19	£1.50	£1.25	£1.49	£1.40
500G RED LENTILS	£1.40	£1.15	£1.35	£1.35	£1.39	£1.75
VEGETABLE STOCK CUBES	£0.60	£0.52	£0.60	£1.20	£0.89	£2.05
BBQ SAUCE	£1.20	N/A	£1.00	£1.15	£1.25	£1.50
900G FROZEN PEAS	£0.55	£0.89	£1.25	£0.80	£1.29	£0.61
TOTALS	£32.54	£27.76	£36.01	£39.83	£39.30	£49.55

OR £29.37 ACROSS THE STORES

# The Pantry

## Left from Last Week

ONIONS

SWEET POTATOES

RED ONIONS

GARLIC

GINGER

EGGS

GARLIC GRANULES

ROSEMARY (DRIED)

CAJUN SPICE

MIXED HERBS

BEEF STOCK CUBES

PLAIN FLOUR

BREADCRUMBS

FROZEN MIXED VEG

DARK SOY SAUCE

# Roast Chicken, Sweet Potato Fries & Salad

## Per Portion

430 Calories

34g Protein

12g Carbs

27g Fat



## Method

1. Pat the whole chicken dry with a kitchen towel.
2. In a bowl, mix together the yoghurt, oil, lemon juice, garlic powder, paprika, black pepper, and dried rosemary until well combined.
3. Brush or rub the yoghurt mixture all over the chicken, making sure to coat it thoroughly, including inside the cavity and under the skin. Gently lift the skin from the breast or thigh area to apply the marinade underneath.
4. Place the seasoned chicken in the air fryer basket at 190°C for 45 minutes. Flip the chicken every 15 minutes to ensure even cooking. If you have a rotisserie air fryer, place the chicken on the spit and let it rotate slowly for 45 minutes.
5. Once cooked, remove the chicken from the air fryer and let it rest for 10-15 minutes before carving.
6. Serve the roasted chicken with a side of sweet potato fries and salad.

**Note:** Save 300g of chicken for Hunters chicken later in the week.

### Let's make the sweet potato fries:

1. Peel the sweet potatoes, then cut them horizontally into your desired thickness for the fries.
2. In a large bowl, combine the oil and paprika, mixing well.
3. Toss the cut sweet potatoes in the bowl, using your hands or a spoon to ensure they are evenly coated with the oil and paprika mixture.
4. Air fry the sweet potato fries at 180°C for 10 minutes. Give them a good shake to ensure even cooking. Increase the heat to the maximum (e.g., 240°C) and air fry for an additional 4 minutes, until they are crispy and golden brown.

## Ingredients

- 1.5kg whole chicken
- 4 tbsp yoghurt
- 3 tbsp oil
- 3 tbsp lemon juice
- 1 tspn garlic powder or granules
- 1 tspn paprika
- 1 tspn black pepper
- 1 tspn dried rosemary
- Bag of salad

### For the sweet potato fries:

- 2 sweet potatoes
- 2 tablespoons oil
- 2 tablespoons paprika

# Lentil Cottage Pie

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**Per Portion**  
**425-500** Calories  
**22-25g** Protein  
**75-90g** Carbs  
**6-8g** Fat

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## Ingredients

- 2 tbsp tomato puree
  - 400g lentils
- 2 beef stock cubes
- 6 medium potatoes
- 2 sweet potatoes
  - 2 carrots
  - 2 red onions
- 4 garlic cloves
- 200g mixed veg

## Method

- 1.** Peel the potatoes and sweet potatoes, then cut them into small bite-sized pieces. Wrap them in foil and place in the air fryer for 35 minutes at 200C. Make sure the foil is well wrapped.
- 2.** Peel and finely chop the red onions. Top, tail, and dice the carrots. Peel and finely chop (or grate) the garlic.
- 3.** In the air fryer, add a drizzle of olive oil, chopped onion, diced carrot, and chopped garlic.
- 4.** Cook for 3 minutes at 200C.
- 5.** Dissolve the stock cubes and tomato paste in 450ml of boiled water.
- 6.** Drain and rinse the lentils. Add them to the air fryer along with the stock mixture. Cook for 10 minutes or until thickened.
- 7.** Take the potatoes out of the air fryer and transfer them to a bowl. Mash them and add butter/milk as required.
- 8.** Spoon the mashed potatoes on top of the lentil pie mixture. Cook for 15 minutes at 200C or until piping hot and golden on top.
- 9.** Cook the mixed veg as per the pack instructions and serve with the cottage pie.

*\*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.*

# Hunters Chicken

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**Per Portion**  
**540** Calories  
**45g** Protein  
**39g** Carbs  
**17g** Fat

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## Ingredients

- 300g cooked chicken, shredded
  - 600g potatoes, cubed
    - 4 tbsp bbq sauce
  - 4 tbsp cajun seasoning
- 1 yellow pepper, sliced
  - 1 red pepper, sliced
    - 2 tbsp oil
- 100g grated cheese

## Method

1. Put half the oil into a bowl and add half the cajun spices. Add the potatoes and stir to coat well.
2. Put in the air fryer for 15 minutes at 200C.
3. Put the rest of the oil and the cajun spice on the peppers and add to the potatoes in the air fryer for 5 minutes.
4. Stir the cooked chicken into the pepper and potato mix.
5. Top with the bbq sauce & grated cheese and cook for another 5 minutes.

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# Spaghetti Bolognese

## Per Portion

190-200 Calories

10-11g Protein

17-18g Carbs

7-9g Fat



## Ingredients

- 250g minced beef
- 2 carrots, grated
- 2 sticks of celery, finely diced
  - 150g lentils
- 1 large onion, diced
- 2 garlic cloves, minced
- 1 tin of chopped tomatoes
  - 500ml beef stock
  - 1 tbsp mixed herbs
- 2 tbsp Worcestershire sauce
- Spaghetti, cooked according to package instructions

## Method

1. Cook the spaghetti according to the package instructions until al dente. Drain and set aside.
2. Preheat your air fryer to 200°C.
3. Place the minced beef and diced onions in the air fryer basket.
4. Use a wooden spoon to break up the mince and evenly distribute the onions.
5. Cook the mince and onions in the air fryer at 200°C for 2 minutes.
6. Open the air fryer drawer and stir the mince, breaking it up further.
7. Continue cooking the mince in 2-minute intervals, stirring, and breaking it up each time, until it is browned.
8. Add the grated carrots, diced celery, and minced garlic to the air fryer basket. Mix well with the browned mince.
9. Cook the mixture for another 5 minutes in the air fryer.
10. Stir in the lentils, ensuring they are well combined with the other ingredients.
11. Pour in the tin of chopped tomatoes, beef stock, mixed herbs and Worcestershire sauce. Mix everything together.
12. Cook the bolognese sauce in the air fryer for 15 minutes, allowing the flavours to meld together.
13. Serve the bolognese sauce over the drained spaghetti.

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# Mediterranean Chicken Bowls

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**Per Portion**  
**300-350** Calories  
**25-30g** Protein  
**25-30g** Carbs  
**7-9g** Fat

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## Ingredients

- 300g chicken breasts, cut into 1 1/2-inch pieces
  - 1 tbsp oil
  - 1 tsp dried oregano
  - Salt and pepper
- 300g cherry tomatoes
- 1 medium onion, roughly chopped
  - 150g couscous
- 1 tsp grated lemon zest plus 1 tbsp lemon juice
  - 2 tbsp dill
- Crumbled Greek cheese, for serving

## Method

- 1.** In a large bowl, toss the chicken with oil, dried oregano, and ½ tsp each of salt and pepper.
- 2.** Add the cherry tomatoes and onion and toss to combine.
- 3.** Arrange the chicken and vegetables in an even layer in the air fryer basket. Air-fry at 200°C, shaking the basket occasionally, until the chicken is golden brown and cooked through, for 15 minutes.
- 4.** Meanwhile, toss the couscous with lemon zest. Add 190ml of boiling water, cover, and let it sit for 5 minutes. Fluff the couscous with a fork, then fold in the lemon juice.
- 5.** Serve the chicken and vegetables over the couscous, spooning any collected juices from the bottom of the air fryer over the top. Sprinkle with the crumbled Greek cheese.

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# Tuna Fishcakes & Peas

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**Per Portion**  
**410-480** Calories  
**25-30g** Protein  
**45-55g** Carbs  
**9-12g** Fat

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## Ingredients

- 1 tsp garlic granules
- 800g cooked potatoes, mashed
- 100g frozen mixed vegetables, thawed
  - 2 tins of tuna, drained
- Salt and pepper, to season
  - 2 tbsp plain flour
  - 1 egg, beaten
  - 2 tbsp cold water
- 100g breadcrumbs
- 200g frozen peas

## Method

1. In a large bowl, combine the garlic granules, mashed potatoes, thawed mixed vegetables, and drained tuna. Season with salt and pepper. Mix everything well using your hands until evenly combined. Shape the mixture into patties.
2. Prepare a fishcake prep line by setting up three bowls. Place plain flour in the first bowl, beaten egg mixed with cold water in the second bowl, and breadcrumbs in the third bowl.
3. Take each fish cake patty and coat it in flour, ensuring it is lightly coated on all sides. Then dip it into the beaten egg mixture, making sure it is fully coated. Finally, coat the patty in breadcrumbs, pressing gently to adhere the breadcrumbs. Repeat this process with the remaining fishcakes. Once coated, place the fishcakes in the refrigerator to chill until you're ready to cook.
4. Preheat your air fryer to 200C.
5. Arrange the fishcakes in the air fryer basket, making sure they are not overcrowded. Cook the fishcakes for 15 minutes at 200C, or until they are golden brown and crispy.
6. While the fishcakes are cooking, prepare the frozen peas according to the package instructions.
7. Once the fish cakes are cooked, remove them from the air fryer and serve them alongside the cooked peas.

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# Chicken Chow Mein

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**Per Portion**  
**333** Calories  
**34g** Protein  
**26g** Carbs  
**10g** Fat

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## Ingredients

- 2 chicken breasts, thinly sliced
  - 1 onion, finely chopped
  - 3 tbsp dark soy sauce
  - 2 tbsp light soy sauce
    - 1 tbsp oil
- 300g cooked egg noodles
- 1 handful of bean sprouts
- 2 spring onions, chopped

## Method

1. Begin by preparing your ingredients. Slice the chicken breasts into thin pieces, finely chop the onion, and crush the garlic.
2. In a bowl, combine the crushed garlic, 1 tbsp dark soy sauce, and 1 tbsp light soy sauce to create a marinade.
3. Add the chopped onion and sliced chicken into the marinade, ensuring they are well coated.
4. Let the mixture sit for a few minutes.
5. Preheat your air fryer to 200c.
6. Transfer the marinated chicken and onion into the air fryer basket and drizzle with oil for added crispness.
7. Cook for approximately 8 minutes, or until the chicken is cooked through and nicely browned.
8. Once the chicken is cooked, add in the cooked egg noodles, bean sprouts, and the additional 2 tbsp of dark soy sauce and 1 tbsp of light soy sauce. Toss everything together to evenly distribute the sauces.
9. Turn the air fryer back on and cook for an additional 5 minutes, allowing the noodles to warm through.
10. Finish by topping the dish with freshly chopped spring onions.

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