

MEAL PLAN

SUNDAY PORK LOIN, ROAST CARROTS
& SQUASHED POTATOES

MONDAY SQUASH SOUP & BREAD
BOWLS

TUESDAY COTTAGE PIE

WEDNESDAY CHICKEN, BROCCOLI &
SWEET POTATO FRIES

THURSDAY SAUSAGE ROLLS,
CHIPS & BEANS

FRIDAY TERIYAKI TURKEY KEBABS

SATURDAY BAKED POTATOES,
COLESLAW & CHEESE

INGREDIENTS



1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50	£0.60
BUTTERNUT SQUASH	£1.35	£0.95	£1.35	£1.50	£1.35	£1.60
3 X COURGETTES	£1.29	£1.29	£1.68	£1.29	£1.29	£1.50
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25	£1.50
4 X BAKING POTATOES	£0.67	£0.67	£0.70	£0.67	£0.62	£0.75
BROCCOLI	£0.72	£0.69	£0.69	£1.15	£0.69	£1.00
6 X SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09	£0.96
1KG RED ONIONS	£0.65	£0.65	£0.90	£1.10	£0.99	£0.68
3 PACK OF PEPPERS	£1.25	£1.25	£1.25	£1.00	£1.25	£1.20
2 X 120G BAGS OF SALAD	£1.66	£1.20	£1.60	£2.40	£1.38	£1.90
COLESLAW	£0.99	£0.69	£0.50	£1.19	£0.45	£1.10
500G PORK TENDERLION	£8.25	£7.19	£4.10	£7.36	£3.11	£6.51
1KG CHICKEN BREASTS	£3.99	£3.99	£4.10	£6.00	£5.25	£7.85
20 X SAUSAGES	£1.60	£2.09	£1.50	£1.49	£1.49	£5.00
TURKEY MINCE	£3.65	£2.49	£2.65	£3.65	£2.99	£4.40
SOUR CREAM	£0.75	£1.05	£0.75	£0.50	£0.75	£0.85
SESAME OIL	£2.40	N/A	£2.40	£1.80	£2.49	£2.50
HOT SAUCE	£0.60	£1.99	£0.60	£1.10	£1.49	£1.65
2 X TINNED POTATOES	£0.76	£0.76	£0.74	£0.74	£1.98	£1.70
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49	£1.10
15 X EGGS	£1.99	£1.99	£1.99	£2.60	£2.39	£2.50
12 X BEEF STOCK CUBES	£0.70	£0.52	£0.60	£0.90	£0.89	£1.80
STUFFING MIX	£0.46	£0.46	£0.25	£0.55	£1.35	£1.40
BREADCRUMBS	£1.00	£0.89	£1.10	£1.55	£1.15	£1.30
6 X PITTA BREADS	£0.55	£0.55	£0.65	£0.55	£0.65	£0.60
ACTIVE YEAST SACHETS	£1.20	N/A	£0.45	£1.30	£0.55	£1.40
PUFF PASTRY	£1.25	£1.09	£1.25	£1.25	£1.25	£1.25
TOTALS	£40.54	£35.41	£34.96	£44.79	£39.13	£54.60

OR £30.08 ACROSS THE STORES

The Pantry

Left from Last Week

ONIONS

GARLIC

GINGER

BEEF MINCE

CHEESE

RICE WINE VINEGAR

HONEY

THYME (DRIED)

CHILLI POWDER

GARLIC GRANULES

SOY SAUCE

PAPRIKA

OREGANO

PLAIN FLOUR

FROZEN MIXED VEG

Pork Loin, Roast Carrots & Squashed Potatoes

Per Portion
408 Calories
25g Protein
45g Carbs
14g Fat



Ingredients

- 500g pork tenderloin, trimmed
 - 2 tsp oil
 - ½ tsp salt
 - ½ tsp black pepper
- 2 tbsp balsamic vinegar
- 2 tbsp honey
- 1 garlic clove, crushed
- 1 tsp dried thyme
- 450g carrots, trimmed and halved
 - Drizzle of oil

For the squashed potatoes:

- 2 tins of potatoes
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp oil
- 4 garlic cloves
- 1 tbsp thyme

Method

1. Preheat your air fryer to 200°C.
2. Pat the pork tenderloin dry with a paper towel. Brush the tenderloin with oil, and season it with salt and black pepper.
3. Drizzle the carrots with a little oil and sprinkle them with a pinch of salt.
4. Place the seasoned pork tenderloin and the carrots in the air fryer basket, ensuring they are in a single layer and not overcrowded.
5. Air fry the pork tenderloin and carrots for 10 minutes at 200°C.
6. While the tenderloin is air frying, prepare the glaze by whisking together the balsamic vinegar, honey, crushed garlic, and dried thyme in a small bowl.
7. After the initial 10 minutes of cooking, open the air fryer and brush the glaze over the pork tenderloin and the carrots, ensuring they are well coated.
8. Return the pork tenderloin and carrots to the air fryer and continue air frying for another 10 minutes, or until the internal temperature of the pork tenderloin reaches 63°C in the centre. If needed, cook for additional 2–5-minute intervals until cooked through.
9. Once cooked, remove the pork tenderloin from the air fryer and loosely cover it with foil. Allow it to rest for 5 minutes to retain its juiciness.
10. If the carrots need more cooking time, you can air fry them for a few extra minutes while the pork rests.
11. Carve the rested pork tenderloin into thick slices.
12. Serve the pork tenderloin slices alongside the roasted carrots. Pour the glaze from the air fryer basket over the pork.

Let's make the squashed potatoes:

1. Preheat your air fryer to 180°C.
2. Drain and rinse the potatoes from the tins.
3. In a small bowl, mix the oil, salt, pepper, and thyme.
4. Lay out the potatoes on a chopping board or baking tray.
5. Drizzle the oil mixture over the potatoes, ensuring they are well coated.
6. Use a masher or the bottom of a glass to gently squash down the potatoes, creating a flat surface.
7. Scatter the garlic cloves among the potatoes.
8. Tip the potatoes into the air fryer.
9. Cook the potatoes in the air fryer for 30 minutes at 180°C.
10. Shake the basket occasionally during cooking to ensure the potatoes get evenly crispy.
11. Once the potatoes are golden brown and crispy on the outside, remove them from the air fryer.

Squash Soup & Bread Bowls

Per Portion
313 Calories
9.8g Protein
55g Carbs
7.8g Fat



Ingredients

- 1 butternut squash, peeled and cut into 1-inch pieces
- 2 medium carrots, cut into 1-inch pieces
- 1 large onion, cut into 1/2-inch-thick wedges
 - 2 cloves garlic
 - 1 tbsp chili powder
 - 2 tsp thyme
 - 2 tbsp oil
 - Sour cream

For the bread bowls:

- 750g warm water
- 1 1/2 tbsp active dry yeast (2 packets)
- 2 tbsp + 1/2 teaspoon granulated sugar, divided
 - 1 tbsp salt
 - 60g butter, melted
- 875g plain flour, divided
 - 1 tbsp milk
 - 1 egg white

Method

1. In a large bowl, toss the butternut squash, carrots, onion, whole garlic cloves, chili powder, thyme, oil, and 3/4 teaspoon of salt. Transfer the mixture to the air-fryer basket.
2. Air-fry the vegetables at 200C, shaking the basket occasionally, until they are tender, approximately 30 minutes.
3. Transfer the roasted squash to a blender. Add 1 cup of water and puree the mixture, gradually adding 3 more cups of water, until smooth. Reheat the soup if necessary.
4. Serve the squash soup topped with sour cream inside the bread bowls.

Let's make the bread bowls:

1. In a small bowl, combine the warm water, yeast, and 1/2 teaspoon of sugar. Stir until the yeast is dissolved. Cover with a towel and let it stand until the mixture becomes foamy, approximately 5 minutes.
2. In a large bowl, add the salt, remaining sugar, melted butter, yeast mixture, and 750g of flour. Mix well. Gradually add more flour, about 1 cup at a time, until the dough starts to pull away from the sides of the bowl.
3. Knead the dough for about 5 minutes using a stand mixer or your hands. Test the consistency by touching the dough with a clean, dry finger. It should be slightly sticky but not overly so. Add a little more flour as needed to achieve that consistency. Continue kneading for an additional 2-3 minutes.
4. Lightly spray another large bowl with nonstick spray and transfer the dough to it. Flip the dough over once to ensure both sides are coated with spray. Cover the bowl with a dish towel and let the dough rise until doubled in size, approximately 30-45 minutes.
5. Divide the dough into 8 equal pieces. You can use a serrated knife to cut it into equal portions. Take one section of the dough, pat it down with your hands to remove any air, and shape it into a tight ball. Place the dough ball on a baking sheet lined with parchment paper. Make a small "X" slit on the top of each dough round using a serrated knife.
6. In a small bowl, beat the egg with 1 tablespoon of milk to create an egg wash. Lightly brush the tops of each dough ball with a thin layer of the egg wash.
7. Cover the rolls with a piece of plastic wrap, ensuring it is not tightly sealed, and allow them to rise until doubled in size, approximately 30-40 more minutes.
8. Preheat the air fryer to 200C. Bake the bread bowls for about 25-30 minutes until golden brown. Allow them to cool for at least 15 minutes before cutting and using them as bread bowls.

Cottage Pie

Per Portion
320 Calories
14g Protein
46.25g Carbs
8.4g Fat



Ingredients

- 200g minced beef
- 150g porridge oats
 - 2 onions, diced
 - 2 carrots, grated
- 2 courgettes, grated
- 500ml beef stock
- 6 potatoes, peeled and cubed
- 1 sweet potato, peeled and cubed
 - 1 tbsp butter
 - 2 tbsp milk
- 200g frozen mixed vegetables

Method

1. Peel the potatoes and 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 tight as the potatoes are basically steaming.
2. Place the minced beef and diced onions in the air fryer basket.
3. Use a wooden spoon to break up the mince and evenly distribute the onions.
4. Cook the mince and onions in the air fryer at 200°C for 2 minutes.
5. Open the air fryer drawer and stir the mince, breaking it up further.
6. Continue cooking the mince in 2-minute intervals, stirring, and breaking it up each time, until it is browned.
7. Add the grated carrots and grated courgette, to the air fryer basket. Mix well with the browned mince.
8. Cook the mixture for another 5 minutes in the air fryer.
9. Add the porridge oats, and stock and stir well.
10. Cook the mince in the air fryer for 15 minutes. Stirring occasionally to ensure even cooking.
11. Take the potatoes out of the air fryer and transfer them to a bowl. Mash them and add butter/milk as required.
12. Spoon the mashed potatoes on top of the mince pie mixture. Cook for 15 minutes at 200C or until piping hot and golden on top.
13. Serve with frozen mixed veg cooked as per the pack instructions.

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Chicken, Broccoli & Sweet Potato Fries

Per Portion
309 Calories
26g Protein
23g Carbs
12.75g Fat



Ingredients

- 500g chicken breast, diced
- 1 large broccoli, cut into small florets
 - 1 onion, sliced thick
 - 3 tablespoons oil
- 1/2 teaspoon garlic powder
- 1 tablespoon fresh ginger, minced
 - 1 tablespoon soy sauce
- 1 tablespoon vinegar (rice wine, white wine, red wine, cider - any will do)
 - 1 teaspoon sesame oil
- 2 teaspoons hot sauce (optional)
 - 1/2 teaspoon salt, or to taste
 - Black pepper, to taste

For the sweet potato fries:

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

Method

- 1.** Make the marinade: In a bowl, combine the oil, garlic powder, minced ginger, soy sauce, rice vinegar, sesame oil, optional hot sauce, salt, and black pepper.
- 2.** Place the diced chicken in one bowl and the broccoli florets and sliced onions in another bowl.
- 3.** Divide the marinade between the two bowls, stirring to coat each ingredient completely.
- 4.** Place just the chicken in the air fryer basket or tray. Air fry at 200°C for 10 minutes.
- 5.** After 10 minutes, add the broccoli and onions to the air fryer with the chicken, making sure to include all the marinade. Continue air frying at 200°C for another 8-10 minutes, or until the chicken is cooked through. Remember to stir halfway through cooking to ensure even cooking of the broccoli.
- 6.** Add additional salt and pepper to taste.

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, mix the oil and paprika until well combined.
- 3.** Toss the cut sweet potatoes into the bowl and mix them around using your hands or a spoon until all the sweet potatoes are well coated.
- 4.** Air fry the sweet potato fries at 180°C for 10 minutes, then give them a good shake. Increase the heat to the maximum (e.g., 240°C) and air fry for an additional 4 minutes.

Sausage Rolls, Chips & Beans

Per Portion
778 Calories
25g Protein
84g Carbs
40g Fat



Ingredients

- 500g sausages squeezed from their skins
 - 85g stuffing mix
 - 1 carrot, grated
- 1 courgette, grated
 - 1 tsp oregano
 - 1 tsp paprika
- Sheet of puff pastry
- Egg white, whisked
- Tin of baked beans

For the chips:

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

Method

1. Make up the stuffing mix as per the pack instructions.
2. In a bowl, combine the sausage meat, stuffing, grated carrot, grated courgette, oregano, and paprika. Mix well until all the ingredients are evenly incorporated.
3. Lay out the puff pastry sheet and cut it in half lengthwise.
4. Take portions of the meat mixture and roll them into sausage shapes, placing them just off centre of each pastry half, running the length of the pastry.
5. Fold the longer side of the pastry over the sausage meat, pressing the ends to seal. Cut the pastry roll into smaller sections, creating individual sausage rolls.
6. Brush the tops of the sausage rolls with the whisked egg white to give them a golden glaze.
7. Preheat your air fryer to 200°C.
8. Place the sausage rolls in the air fryer basket.
9. Air fry the sausage rolls for 15 minutes or until they are cooked through and golden brown.
10. Remove the sausage rolls from the air fryer and let them cool slightly before serving.
11. Heat the beans as per the pack instructions.

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.

Teriyaki Turkey Kebabs

Per Portion
385 Calories
23.25g Protein
50.5g Carbs
10.25g Fat



Ingredients

- 500g turkey mince
- 50g breadcrumbs
- 3 tbsp teriyaki sauce
 - 3 red onions
- 2 garlic cloves, minced
 - 1 egg, beaten
- Salt and pepper to season
- 1 red, yellow & green peppers, cut in large cubes
 - 1 bag of salad
 - 4 pitta breads

Method

1. Finely dice half of an onion.
2. Mix all ingredients together into meatballs, except the peppers and remaining onions.
3. Roll into meatball sizes.
4. Chill in the fridge to firm up for 20 minutes.
5. Quarter the remaining onions.
6. Thread the meatballs onto a skewer with a piece of pepper and quarter onion between each meatball.
7. Air fry at 180c for 8 minutes.
8. Serve with salad & pitta breads

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Baked Potatoes, Coleslaw & Cheese

Per Portion

151 Calories

4g Protein

31.5g Carbs

1.75g Fat



Ingredients

- 4 large potatoes
- 1 tbsp oil
- 1 tsp salt
- 1 tsp pepper

Toppings:

- Cheese
- Coleslaw
- Bag of salad

Method

1. Prick the potatoes all over with a fork to allow steam to escape while cooking.
2. In a small bowl, mix the oil, salt, and pepper together to create a seasoned oil.
3. Rub the seasoned oil mixture all over the potatoes, ensuring they are well coated.
4. Arrange the potatoes in a single layer in the air fryer basket.
5. Set the air fryer to 200°C and cook for 40 minutes, or until a sharp knife easily pierces through the potatoes.
6. Check the potatoes after 20 minutes of cooking. If one side is browning too quickly, gently turn them over using tongs to ensure even cooking. Continue cooking for another 20 minutes and check again to ensure the potatoes are cooked through.
7. Once the potatoes are tender and cooked, carefully remove them from the air fryer.
8. Allow the potatoes to cool slightly before handling. They will be hot!
9. Slice open each baked potato and fluff the insides with a fork.
10. Add your desired toppings, such as cheese, coleslaw, and a side of fresh salad.

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