

MEAL PLAN

SUNDAY

BBQ SAUSAGE BAKE

MONDAY

**HONEY MUSTARD
PASTA SALAD**

TUESDAY

**CARAMELISED ONION &
SAUSAGE STEW**

WEDNESDAY

JAMBALAYA

THURSDAY

**SPAGHETTI &
MEATBALLS**

FRIDAY

**ONE POT CREAMY
CHICKEN PASTA**

SATURDAY

**CHICKEN & CHORIZO
SAUSAGE HASH**

INGREDIENTS



16 X ONIONS	£0.55	£0.89	£0.95	£1.10	£0.99
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50
4 X GARLIC	£0.95	£0.95	£0.75	£0.85	£0.99
3 X PEPPERS (3 PACK)	£1.25	£1.25	£1.25	£1.00	£1.25
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
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500G LEEKS	£1.19	£1.19	£1.30	£1.19	£1.29
250G BABY SPINACH	£1.00	£0.76	£1.00	£1.50	£0.99
20 X SAUSAGES	£1.60	£2.09	£1.50	£1.49	£1.49
1KG CHICKEN BREASTS	£3.99	£3.99	£4.10	£6.00	£5.25
200G CHEESE	£1.99	£1.49	£2.00	£2.00	£1.75
100G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83
COOKED HAM	£1.00	£0.85	£1.10	£0.86	£1.25
200G CHORIZO	£2.50	£1.89	£2.25	£2.00	£2.49
MEATBALLS	£4.75	£4.19	£4.50	£4.50	£4.25
TOMATO PUREE	£0.52	N/A	£0.65	£0.65	£0.65
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95
10 X CHICKEN STOCK CUBES	£0.60	£0.52	£0.60	£0.90	£1.25
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
1KG PASTA	£0.41	£0.41	£0.41	£0.82	£0.95
500G MAYONNAISE	£1.15	£0.79	£1.75	£0.70	£0.49
PASSATA	£0.49	£0.49	£0.60	£0.60	£0.60
MUSTARD	£0.85	£0.59	£0.70	£0.80	£0.85
PAPRIKA	£0.90	£0.59	£0.70	£1.10	£1.09
BBQ SAUCE	£1.20	N/A	£1.00	£1.15	£1.25
MIXED HERBS	£0.90	£0.55	£0.60	£1.10	£1.09
RICE	£0.45	£0.48	£0.48	£0.48	£1.35
HONEY	£0.75	£0.75	£0.75	£0.79	£0.75
2 X TIN POTATOES	£0.76	£0.76	£0.74	£0.74	£1.98
2 X TIN POTATOES	£0.76	£0.76	£0.74	£0.74	£1.98
MIXED HERBS	£0.90	£0.55	£0.60	£1.10	£1.09
OIL	£1.85	£1.85	£1.85	£1.85	£1.99
SALT	£1.35	£0.65	£0.65	£0.65	£0.65
BLACK PEPPER	£0.90	£1.29	£0.90	£1.25	£0.29
1 PINT MILK	£0.90	£0.90	£0.90	£0.90	£0.90
SOFT SPREAD / MARGARINE	£0.99	£0.99	£0.99	£1.00	£1.25
TOTALS	£40.55	£35.88	£40.03	£43.46	£46.36

OR £34.37 ACROSS THE STORES

BBQ Sausage Bake

Per Portion

610 Calories

20g Protein

45g Carbs

40g Fat



Method

1. Preheat the oven to 200°C/Fan 180°C/Gas 6.
2. Put the sausages, potatoes, veg and onion wedges on a tray and pour over the oil.
3. Stir to ensure everything is covered.
4. Add the BBQ sauce, and allow everything to marinate a little.
5. Put in the oven for 30 minutes, stirring halfway through.

Ingredients

- 2 tins potatoes, halved
 - 8 sausages
- 2 onions, cut into wedges
 - 2 tbsp oil
- 350g frozen Mediterranean veg
 - Bottle BBQ sauce

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Honey Mustard Pasta Salad

Per Portion
445 Calories
11g Protein
60.25g Carbs
18.75g Fat



Method

- 1.** Add the mayonnaise, mustard powder, cayenne pepper and honey to a bowl and mix thoroughly.
- 2.** Add all other ingredients and stir through ensuring it is all coated evenly.
- 3.** Serve with part baked bread and salad.

Ingredients

- 5 tbsp mayonnaise
 - 1 tbsp honey
 - 1 tsp mustard
- 6 spring onions, sliced
 - 1 pepper, sliced
- 300g cooked pasta
- 100g cooked gammon
- 1 tsp cayenne pepper
- 2 part-baked baguettes
 - A bag of salad

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Caramelised Onion & Sausage Stew

Per Portion
540 Calories
18g Protein
50g Carbs
30g Fat



Ingredients

- 50g butter
- 1 onion, diced
- 1 tbsp sugar
- 2 carrots, sliced julienne style
- ½ swede, sliced julienne style
 - 1 garlic clove, crushed
 - 1 tbsp tomato purée
- 450ml chicken or beef stock
- 400g tin chopped tomatoes
 - Splash of Worcester sauce
- 2 large potatoes, cut in chunks
- 8 cooked sausages, cut into chunks

Method

- 1.** Heat the butter in a pan over a low heat, then add the sliced onion and fry gently for 20 minutes, stirring occasionally to make sure they don't stick.
- 2.** Add the sugar and increase the heat for 3 minutes.
- 3.** Reduce the heat and add the carrots, swede, garlic and tomato purée and cook for 5 minutes.
- 4.** Add the stock, tomato sauce or tinned tomatoes and Worcester sauce and simmer for another 5 minutes.
- 5.** Add the potatoes and cook for 15 minutes or until soft. Add the cooked sausages and stir through.
- 6.** Serve hot.

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Jambalaya

Per Portion
450 Calories
12g Protein
60g Carbs
15g Fat



Ingredients

- 1 tbsp oil
- 1 onion, diced
- 1 red pepper, sliced thinly
- 2 garlic cloves, crushed
 - 100g chorizo, sliced
- 2 tbsp smoked paprika
 - 500g rice
- Tin of chopped tomatoes
 - 700g chicken stock

Method

1. Heat the oil in a large pan.
2. Add the onion and cook for 3-4 minutes.
3. Add in the peppers, garlic, chorizo and spice and cook for a further 5 minutes.
4. Add the rice, tomatoes and stock.
5. Stir well to combine and cook for a further 20 minutes.
6. Take off the heat and leave covered until the rice is cooked and liquid is absorbed.
7. About 10 minutes.

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Spaghetti & Meatballs

Per Portion
550 Calories
20g Protein
80g Carbs
15g Fat



Ingredients

- 1 tbsp oil
- Meatballs
- 2 garlic cloves, crushed
 - Passata
- 1 tbsp mixed herbs
- 500g spaghetti

Method

- 1.** Heat the oil in a large frying pan and fry the meatballs for 10 minutes.
- 2.** Add the garlic and cook for another 4 minutes.
- 3.** Add the passata and mixed herbs to the pan.
- 4.** Cook for 10 minutes.
- 5.** Meanwhile, cook the pasta as per the packet instructions.
- 6.** Serve the meatballs over the cooked pasta.

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One Pot Creamy Chicken Pasta

Per Portion
600 Calories
60g Protein
20g Carbs
20g Fat



Ingredients

- 3 chicken breasts, diced
 - 2 tbsp butter
 - 2 leeks, sliced
- 2 garlic cloves, crushed
 - 400g penne pasta
 - 50ml chicken stock
 - 200g spinach
 - 500ml milk
 - 150g cream cheese
- Black pepper, to taste

Method

- 1.** Cut the chicken breasts into 2.5cm pieces. Add the butter to a large pot and melt over a medium heat. Add the chicken and leeks to the pan, and cook over a medium heat until the chicken is slightly browned on the outside.
- 2.** Add the garlic to the pot with the chicken and continue to fry for 1 minute more.
- 3.** Add the uncooked pasta and chicken stock. Stir to dissolve any browned bits from the bottom of the pot. Place a lid on the pot, turn the heat up to medium-high and bring the stock to the boil.
- 4.** Once the stock comes to a full boil, give the pasta a quick stir, add the spinach, replace the lid and turn the heat down to medium-low.
- 5.** Let the pasta simmer for about 8 minutes, or until the pasta is tender and most of the stock has been absorbed. Stir the pasta briefly every 2 minutes as it simmers, replacing the lid quickly each time.
- 6.** Once the pasta is tender and most of the stock has been absorbed, add the milk and cream cheese (cut into chunks).
- 7.** Stir and cook over a medium heat until the cream cheese has fully melted into the sauce.
- 8.** Top the pasta with black pepper, then serve.

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Chicken & Chorizo Sausage Hash

Per Portion

500 Calories

30g Protein

20g Carbs

35g Fat



Ingredients

- 2 tins new potatoes, quartered
 - 2 tbsp oil
 - 2 sausages
- 150g chorizo, diced
 - 2 onions, diced
 - 1 tbsp paprika
- 50g Cheddar cheese, grated

Method

- 1.** Parboil your potatoes for 5 minutes, then drain. Skip this step if using leftovers, tinned or pre-cooked.
- 2.** Heat the oil in a large frying pan. Squeeze the meat from each sausage (discarding the skins).
- 3.** Fry the chorizo, onion and sausage meat for 5 minutes, until cooked through.
- 4.** Sprinkle the paprika into the pan and cook for 1 minute. Add your potatoes and cook for 10 minutes, until crispy.
- 5.** Sprinkle the cheese on top and put under a preheated hot grill until melted.
- 6.** Serve with fried or poached eggs or baked beans, or both.

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