

# MEAL PLAN

Serving Suggestions + Shopping list

## WEEK 3

### DINNER

MONDAY



#### Honey Lime Chicken

This Honey and Lime Chicken is a quick and easy way to add some flavour and it is a must on any BBQ this summer.

TUESDAY



#### Salmon Burger

These healthy salmon burgers are packed full of healthy fats and are bursting with flavour too. We've used Thai flavours but they are easy to adapt.

WEDNESDAY



#### Chicken and Leek Pie

Tender chunks of chicken and softened leeks in a creamy sauce, all topped with cheesy mashed potato.

THURSDAY



#### Baked Chicken Fajitas

Chicken Fajitas have just gotten easier, as these Oven Baked Fajitas are all thrown into one pan and cooked in the oven.

FRIDAY



#### Beef & Potato Bake

A cheesy, hearty and comforting Mexican inspired bake that is great for feeding a crowd. This Mexican Beef and Potato Bake is simple comfort food at its finest!

SATURDAY



#### Roasted Ratatouille Pasta

Easy Ratatouille Pasta flavoured with garlic & balsamic - perfect for summer nights. Reduce food waste & get more veggies in with this delicious dish.

SUNDAY



#### Baked Tomato Risotto

This Baked Risotto is made using mostly store cupboard ingredients and is comfort food the whole family will love.

### BREAKFAST

Monday

#### Smoothie Bowl

Tuesday

#### Homemade Muesli

Wednesday

#### French Toast Sticks

Thursday

#### High Fibre Breakfast Muffins

Friday

#### Sheet Pan Eggs

Saturday

#### Breakfast Hash

Sunday

#### Oven Baked Hash Browns

### LUNCH

Monday: Meal Prep Salad Jars

Tuesday: Picky Plate

Wednesday: Halloumi Salad

Thursday: Loaded Tuna Sandwich

Friday: BBQ Chicken Salad

Saturday: Salmon Wrap

Sunday: Chicken Quesadillas

### SNACKS

5 Minute Frozen Yogurt

Chocolate Protein Pudding

Strawberry Chia Pudding

# SHOPPING LIST

## WEEK 3

### Fruit & Veg

Bananas (4)  
Blueberries (50g/1.7oz)  
Spinach (60g/2oz)  
Red bell pepper (8)  
Yellow bell pepper (3)  
Green bell pepper (4)  
Cherry tomatoes (1.6kg/3.5lb)  
Large tomatoes (2)  
Spring onions/Scallions (8)  
Broccoli (1)  
Shallots (11)  
Brown onion (7)  
Red onion (2)  
Leeks (2)  
Avocado (3)

Courgette/Zucchini (2)  
Romain lettuce (4)  
Rocket/Arugula (360g/12.5oz)  
Potatoes (3kg/6.6lb)  
Carrots (8)  
Lemons (1)  
Limes (9)  
Celery (1 bunch)  
Cucumber (2)  
Garlic bulb (5)  
Fresh ginger (90g/3oz)  
Aubergine/Eggplant (1)  
Kale (80g/2.8oz)  
Lemongrass (2 stalks)  
Green chilli (2)

### Dairy

Parmesan (30g/1oz)  
Cheddar cheese (360g/12.7oz)  
Cream cheese (150g/5.3oz)  
Halloumi (450g/1lb)  
Mozzarella (125g/4.4oz)

Feta (30g/1oz)  
Butter  
Eggs (17)  
Milk (1.4l/1.5 quarts)  
Creme fraiche (300g/10.5oz)  
Fat free Greek yogurt (120g/4.2oz)

### Pantry

Olive oil  
Spray oil  
Honey  
Chia seeds  
Cashews  
Almonds  
Pecans  
Walnuts  
Oats (150g/5.3oz)  
Bran (40g/1.4oz)  
Dried fruit  
Maple syrup  
Vanilla extracts  
Baking powder  
Baking soda  
Flaxseeds  
Apple sauce  
Roasted red peppers (1 jar)

Ranch dressing  
Barbecue sauce  
Canned sweetcorn (280g/9.9oz)  
Mayonnaise  
Gherkins/pickles (1 jar)  
Dried pasta shapes (420g/14.8oz)  
Pine nuts (optional)  
Honey mustard dressing  
Canned chickpeas (60g/2oz)  
Olives (1 jar)  
Sun-dried tomatoes (1 jar)  
Risotto rice (300g/10.6oz)  
Vegetable stock  
Canned chopped tomatoes (2)  
Balsamic vinegar  
Tomato puree/Tomato paste  
Dijon mustard  
Soy sauce

### Frozen

Frozen berries (800g/1.7lb)

### Meat/Seafood

Bacon rashers (6)  
Lean beef mince (500g/1.1lb)  
Chicken breast (1.7kg/3.7lb)  
Chicken drumsticks (8)  
Salmon fillets (1kg/2.2lb)  
Canned tuna (2)

### Bakery

White bread  
Sourdough bread  
Small corn tortillas (8)  
Small flour tortillas (4)  
Wholewheat tortillas (12)  
Burger buns (4)

### Herbs & Spices

Ground cinnamon  
Ground ginger  
Dried oregano  
Dried basil  
Smoked paprika  
Fresh coriander/Cilantro  
Fresh parsley  
Fresh dill  
Fresh basil  
Garlic granules  
Onion powder  
Fajita seasoning  
Chilli powder