

MEAL PLAN

Serving Suggestions + Shopping list

WEEK 9

DINNER

MONDAY



Healthy Spaghetti Carbonara

A classic Italian dish, but this is our healthier version. It still has all the flavour, but this Healthy Carbonara is lighter and ready in under 20 minutes.

TUESDAY



10 Minute Vegetable Teriyaki

A tasty vegetable packed dish that could rival your local delivery service can be just 10 minutes away with this 10 minute vegetable teriyaki.

WEDNESDAY



Halloumi Tacos

Make these mouthwatering Halloumi Tacos in just 10 minutes. Loaded with flavourful halloumi, crunchy lettuce, and a creamy chipotle sauce.

THURSDAY



Chickpea & Spinach Curry

Make a quick and tasty chickpea curry in just 10 minutes. Packed with spinach, it is a healthy vegan delight.

FRIDAY



Mackerel Pasta

Try our quick and easy mackerel pasta recipe packed with protein and heart-healthy omega-3s. A delicious and adaptable meal ready in just 15 minutes.

SATURDAY



Tortilla Pizza

When the pizza cravings hit, why not make these Easy Tortilla Pizzas? Just 6 ingredients and ready in just over 10 minutes.

SUNDAY



15 Minute Noodle Bowl

Quick 15 minute noodle bowls with greens and a spicy broth. A comforting and delicious vegan dinner ready in no time!

LUNCH

- Monday: Salmon Tacos
- Tuesday: Mushroom Sandwich
- Wednesday: Asparagus Salad
- Thursday: Sweetcorn Fritters
- Friday: Welsh Rarebit
- Saturday: Smoked Salmon Bagel
- Sunday: Cream Cheese Pasta

BREAKFAST

Monday

Avocado Cream Cheese Toast

Tuesday

Greek Yogurt Pancakes

Wednesday

Smoked Salmon Omelette

Thursday

Mexican Beans on Toast

Friday

Dippy Eggs with Soldiers

Saturday

Peanut Butter Smoothie Bowl

Sunday

Breakfast Wrap

SNACKS

- Chocolate Popcorn
- No Bake Energy Balls
- Vegan Chocolate Chip Cookies

SHOPPING LIST

WEEK 9

Fruit & Veg

Avocados (7)
Bananas (4)
Limes (5)
Lemon (3)
Dates (100g/3.5oz)
Cucumber (1)
Beef tomatoes (4)
Salad tomatoes (6)
Cherry tomatoes (840g/1.9lb)
Rocket/Arugula (60g/2oz)
Crunchy lettuce (200g/7oz)
Little gem lettuce (3)
Lollo Rosso lettuce (700g/1.5lb)
Spinach (420g/15oz)
Pak choi/Bok choy (3 head)

Pantry

Olive oil
Vegetable oil
Chilli oil
Oats (240g/8.5oz)
Maple syrup
Vanilla extract
Baked beans (1 can)
Red kidney beans (1 can)
Sweetcorn (1 can)
Chopped tomatoes (1 can)
Passata
Chickpeas (1 can)
Chipotle paste (2 jars)
Sun-dried tomatoes (1 jar)
Cocoa powder
Peanut butter
Almond butter
Barbecue sauce
Vinaigrette
Pine nuts
Corn kernels (80g/3oz)

Brown onion (2)
Red onion (3)
Shallots (4)
Spring onion/Scallions (4)
Asparagus (1kg/2.2lb)
Mushrooms (480g/1lb)
Green beans (400g/14oz)
Bell peppers (4)
Baby corn (280g/10oz)
Carrots (2)
Broccoli (1 head)
Garlic bulb (3)
Fresh ginger (30g/1oz)
Radishes (12)

Worcestershire sauce
Miso paste
Soy sauce
Garlic & ginger paste
Dijon mustard
Capers (1 jar)
Dried spaghetti (840g/1.9lb)
Udon noodles (450g/1 lb)
Dark chocolate (100g/3.5oz)
Dark chocolate chips (120g/4.2oz)
Cashews (100g/3.5oz)
Desiccated coconut (40g/1.5oz)
Pumpkin seeds (40g/1.5oz)
Chia seeds
Flax seeds
Light brown sugar (60g/2oz)
Caster sugar (50g/1.75oz)
Vanilla extract
Plain flour (225g/8oz)
Baking powder
Baking soda

Bakery

Sourdough loaf (2)
Sub rolls (4)
Bagels (4)

Tortilla wraps; large (8)
Soft flour tacos (8)
Corn tortillas (8)

Meat/Seafood

Smoked salmon (350g/13oz)
Salmon fillets (480g/1lb)
Bacon rashers (16)
Mackerel fillets; canned (380g/13oz)

Herbs & Spices

Everything seasoning
Fajita seasoning
Italian seasoning
Ground cinnamon
Ground cumin
Ground coriander
Ground turmeric
Chilli powder
Cayenne pepper
Smoked paprika
Garlic granules
Fresh chives
Fresh coriander/cilantro
Fresh dill
Fresh parsley

Dairy/dairy alt

Light cream cheese (680g/1.5lb)
Light mature cheddar (520g/1.2lb)
Light feta (150g/5.3oz)
Light mozzarella (160g/5.6oz)
Parmesan (90g/3oz)
Halloumi (450g/1lb)
Eggs (33)
Fat free Greek yogurt (630g/1.4lb)
Reduced fat creme fraiche (320ml/)
Skimmed milk (150ml/11fl oz)
Almond milk (1lt/1 quart)
Butter
Vegan margarine (100g/3.5oz)

Chilled/Frozen

Frozen edamame (160g/5.6oz)