

MEAL PLAN

Serving Suggestions + Shopping list

WEEK 1

DINNER

MONDAY



Easy Chicken Tray Bake

This quick and easy chicken traybake is all mixed together in one dish with a delicious Mediterranean inspired dressing.

TUESDAY



Cauliflower Mac n Cheese

Craving mac and cheese? Try this high protein version with a creamy cottage cheese-based sauce. It's easy to make and a delicious family favorite.

WEDNESDAY



Chicken Kebabs

Try these delicious chicken kebabs for a quick and easy family meal. Juicy and flavorful, they cook in just 20 minutes!

THURSDAY



Creamy Beef Pasta

Make creamy beef pasta in one pot in just 30 minutes. This easy recipe is perfect for family meals and batch cooking.

FRIDAY



Sticky Chicken Meatballs

Make these Sticky Chicken Meatballs an instant hit with their teriyaki sauce. As well as being delicious, they are so easy to make too!

SATURDAY



Salmon Tacos

This is possibly one of the best Mexican dishes I have made and the best thing about these Salmon Tacos is that they're ready in less than 15 minutes.

SUNDAY



Chickpea & Spinach Curry

Curries don't get much quicker and easier than this 10 Minute Chickpea and Spinach Curry. This chickpea curry recipe is not only healthy, but delicious too.

LUNCH

- Monday: Picky Plate
- Tuesday: Cottage Cheese Protein Bowl
- Wednesday: Healthy Caesar Salad
- Thursday: Roasted Vegetable Couscous
- Friday: Cucumber Sushi Boats
- Saturday: Easy Salad Jars
- Sunday: Tuna Pasta Salad

BREAKFAST

Monday

Make Ahead Smoothie Packs

Tuesday

Breakfast Crumble

Wednesday

Air Fryer Egg Toast

Thursday

Cookie Dough Overnight Oats

Friday

Greek Yogurt Pancakes

Saturday

Easy Baked Oats

Sunday

Cottage Cheese Scrambled Eggs

SNACKS

No Bake Chocolate Energy Balls

Chocolate Topped Seed Bars

Kale Chips



Hungry Healthy Happy

SHOPPING LIST

WEEK 1

Fruit & Veg

Potatoes (360g/13oz)
Courgette/zucchini (1)
Aubergine/eggplant (1 small)
Bell pepper, red (2)
Bell pepper, green (4)
Cauliflower (1 head)
Carrots (2)
Radishes (8)
Shallots (8)
Red onion (1)
Brown onion (2)
Spring onions/scallions (6)
Garlic bulb (2)
Spinach (200g/7oz)
Kale (200g/7oz)
Romaine lettuce (2)
Salad leaves (500g/1.1lb)
Cherry tomatoes (810g/1.8lb)
Cucumber (3)
Baby cucumber (4)
Avocado (4)
Bananas (6)
Strawberries (400g/14oz)
Raspberries (200g/7oz)
Blueberries (400g/14oz)
Medjool dates (340g/12oz)
Lemons (7)
Lime (1)

Dairy

Eggs (26)
Skimmed milk (620ml/21fl oz)
Whole milk (1000ml/1 quart)
Fat free Greek yogurt (780g/1.7lb)
Unsalted butter
Light Mature cheddar (80g/3oz)
Fat free cottage cheese (990g/2.2lb)
Parmesan (105g/3.5oz)
Light feta (190g/7oz)
Reduced fat crème fraîche (150ml/5fl oz)

Meat/Seafood

Cooked chicken (300g/10oz)
Chicken thighs (16)
Beef mince (500g/1.1lb)
Chicken mince (500g/1.1lb)
Salmon fillets (480g/1lb)

Frozen

Frozen berries (500g/1.1lb)

Herbs & Spices

Fresh chives
Fresh thyme
Fresh basil
Fresh parsley
Fresh coriander/cilantro
Dried oregano
Ground cinnamon
Ground ginger
Ground cumin
Ground coriander
Ground turmeric
Paprika
Garlic granules
Onion powder
Chilli powder
Cayenne pepper
Italian seasoning

Bakery

Sourdough loaf (1)
Soft tacos (8)

Pantry

Olive oil
Sesame oil
Coconut oil (1 jar)
Oats (870g/1.9lb)
Mixed nuts (45g/)
Cashews (100g/3.5oz)
Maple syrup (2 bottles)
Almond butter (2 jars)
Vanilla protein powder (60g/2oz)
Dark chocolate chips (60g/2oz)
Dark chocolate (100g/3.5oz)
Vanilla extract (1 bottle)
Baking powder
Everything seasoning
Furikake seasoning
Worcestershire sauce (1 bottle)

Dijon mustard (1 jar)
Anchovy fillets (1 tin)
Giant couscous (250g/9oz)
Olives (140g/5oz)
Sun-dried tomatoes (1 jar)
Honey (1 jar/bottle)
Sushi rice (140g/5oz)
Canned tuna (2)
Mayonnaise (1 jar/bottle)
Sriracha sauce (1 bottle)
Soy sauce (1 bottle)
Apple cider vinegar (1 bottle)
Sweetcorn (200g/7oz)
Canned chickpeas (3)
Plain flour (60g/2oz)

Macaroni pasta (250g/9oz)
Dried pasta shapes (250g/9oz)
Chopped tomatoes (2 cans)
Tomato puree (1 tube)
Vegetable stock
Cannellini beans (1 can)
Panko breadcrumbs (1 pack)
Garlic & ginger paste (1 jar)
Cornflour (1 pack)
Cocoa powder (1 pack)
Desiccated coconut (80g/3oz)
Chia seeds (125g)/4.5oz)
Flaxseeds (45g/1.5oz)
Pumpkin seeds (90g/3oz)
Sunflower seeds (40g/1.5oz)