

MEAL PLAN

Serving Suggestions + Shopping list

WEEK 17

DINNER

MONDAY



High Protein Chicken Carbonara

Make this healthy chicken carbonara recipe with shredded chicken, bacon, Greek yogurt, and Parmesan for an easy, creamy, high-protein pasta dinner.

TUESDAY



Cottage Cheese Meatballs

These easy cottage cheese meatballs are juicy, high protein, and packed with flavour. A simple dinner for meal prep or weeknights. Serve this with Mustard Mash and Roasted Tenderstem Broccoli.

WEDNESDAY



Crispy Baked Tofu

Learn how to make crispy baked tofu for golden, flavourful bites perfect for bowls, wraps, salads, and easy meal prep. Serve with Roasted Pak Choi and Brown Rice & Quinoa.

THURSDAY



Quick Coconut Chicken Curry

This easy recipe for creamy coconut chicken curry is ready in just 20 minutes with minimal prep. It's the best quick, healthy weeknight dinner, mild enough for the whole family. Serve with Pilau Rice.

FRIDAY



Cheat's Fish Pie

This easy cheat's fish pie uses frozen cod and a quick creamy sauce for the best comfort food dinner that's high protein, high fibre, and family friendly.

SATURDAY



Yaki Udon

Yaki Udon in under 10 minutes! Delicious Japanese noodle dish filled with veggies and a flavourful 5 ingredient yaki udon sauce.

SUNDAY



Hidden Vegetable Bolognese

Easy hidden vegetable bolognese recipe with rich beef sauce. A healthy, family-friendly dinner packed with five veggies and classic comfort flavour.

LUNCH

- Monday: Salmon Quinoa Bowl
- Tuesday: Kale Pesto Pasta
- Wednesday: Chicken Caesar Wrap
- Thursday: Picky Plate
- Friday: High Protein Tuna Melt
- Saturday: Hot Honey Chicken Bowl
- Sunday: Super Greens Loaded Potato Skins

BREAKFAST

Monday

Scrambled Oats

Tuesday

Chocolate Cherry Overnight Oats

Wednesday

Air Fryer Breakfast Bagel

Thursday

Avocado Cream Cheese Toast

Friday

Banoffee Overnight Oats

Saturday

Blender Protein Pancakes

Sunday

Ham & Cheese Croissant

SNACKS

- Carrot Cake Oat Bars
- Healthy Mango Cheesecake
- Chocolate Fudge Bars

SHOPPING LIST

WEEK 17

Fruit & Veg

Bananas (5)
Avocados (5)
Lemons (5)
Limes (2)
Medjool dates (340g/12oz)
Mango (150g/5.25oz)
Beef tomatoes (2)
Salad tomatoes (4)
Cherry tomatoes (420g/15oz)
Cucumber (2)
Baby cucumbers (4)
Spinach (200g/7oz)
Kale (30g/1oz)
Rocket/Arugula (90g/3oz)
Romaine lettuce (2)

Pak choi/Bok choy (4)
Courgette/Zucchini (2)
Carrots (280g/10oz)
Mushrooms (490g/1lb)
Tenderstem broccoli (840g/1.9lb)
Mangetout (160g/5.5oz)
Baking potatoes (4)
White potatoes (1kg/2.2lb)
Sweet potatoes (700g/1.5lb)
Brown onion (3)
Celery (1 bunch)
Spring onions/Scallions (12)
Garlic bulb (2)
Red chilli (2)

Pantry

Olive oil
Sesame oil
Dried pasta (280g/10oz)
Linguine (300g/)
Wheat spaghetti (280g/10oz)
Udon noodles (600g/1.3lb)
Quinoa (280g/10oz)
Brown rice (85g/3oz)
Basmati rice (200g/7oz)
Oats (810g/1.8lb)
Flaxseeds (20g/1oz)
Honey (i bottle)
Hot honey (1 bottle)
Maple syrup (1 bottle)
Dijon mustard (1 jar)
Wholegrain mustard (1 jar)
Worcestershire sauce (1 bottle)
Passata (350g/12.5oz)
Tomato puree (1 tube)
Vanilla extract (1 bottle)
Baking powder (1 tub)
Chia seeds (70g/2.5oz)
Desiccated coconut (1 pack)
Cocoa powder (1 pack)
Dark chocolate (200g/7oz)
Canned tuna (400g/14oz)
Canned sweetcorn (260g/9oz)

Pickled red onions (1 jar)
Pickled jalapeños (1 jar)
Light Caesar dressing (1 bottle)
Pine nuts (1 pack)
Sun-dried tomatoes (1 jar)
Olives (1 jar)
Roasted red peppers (1 jar)
Butter beans (1 can)
Beef stock
Chicken stock
Vegetable stock
Soy sauce (1 bottle)
Oyster sauce (1 bottle)
Mirin (1 bottle)
Rice vinegar (1 bottle)
Brown sugar (1 pack)
Garlic paste (1 jar)
Ginger paste (1 jar)
Coconut milk (400ml/14oz)
Mango chutney (1 jar)
Cornflour/Corn starch (1 pack)
Panko breadcrumbs (1 pack)
Coconut oil (1 jar)
Almond butter (1 jar)
Puffed quinoa (1 pack)
Pistachios (50g/1.8oz)
Almonds (50g/1.8oz)

Bakery

Croissants (4)
Sourdough loaf (1)
Wholemeal bagels (4)
Large wholewheat wraps (4)

Meat/Seafood

Sliced ham (60g/2oz)
Chicken breast (1.5kg/3.3lb)
Bacon medallions (300g/10oz)
Salmon fillets (480g/1lb)
Lean beef mince (850g/1.9lb)
Cooked chicken (280g/10oz)

Herbs & Spices

Ground cinnamon
Ground turmeric
Ground cumin
Cardamom pods
Cloves
Cinnamon stick
Bay leaves
Garlic granules
Italian seasoning
Paprika
Curry powder
Everything Seasoning
Fresh chives
Fresh dill
Fresh parsley

Dairy

Butter
Eggs (14)
Skimmed milk (1.5 lt/1.6 quart)
Cheese slices (120g/4.2oz)
Fat free cottage cheese (430g/1lb)
Light cheddar cheese (250g/9oz)
Light feta (40g/1.5oz)
Parmesan (140g/5oz)
Light cream cheese (280g/10oz)
Fat free Greek Yogurt (650g/1.4lb)
Crème fraîche (150ml/5.3oz)

Chilled/Frozen

Frozen cherries (300g/10oz)
Frozen berries (200g/7oz)
Frozen cod fillets (400g/14oz)
Frozen sweetcorn (100g/3.5oz)
Frozen peas (100g/3.5oz)
Tofu (300g/10oz)

All ingredient measurements are based on 4 servings of the above recipes.