

MEAL PLAN

Serving Suggestions + Shopping list

WEEK 18

DINNER

MONDAY



Creamy Butter Bean Gnocchi

This creamy Butter Bean Gnocchi is a quick and comforting one-pan meal, ready in just 10 minutes with crispy gnocchi and a rich, flavourful sauce that's perfect for busy weeknights.

TUESDAY



Buffalo Chicken Thighs

Either cooked in the air fryer or oven baked, these juicy Buffalo Chicken Thighs have crispy edges and a bold spicy flavour. Easy, high protein and great for meal prep. Serve with Crispy Potato Wedges.

WEDNESDAY



Quick Sausage & Pepper Pasta

A quick and hearty sausage and pepper pasta in a rich tomato sauce, perfect for an easy 30-minute family dinner.

THURSDAY



Slow Cooker Vegetable Curry

A simple Slow Cooker Vegetable Curry that's loaded with colour, nutrient dense, vegan and as easy as mixing everything together and leaving it to cook away.

FRIDAY



Chicken & Broccoli Lasagna

This creamy one pan chicken and broccoli lasagna turns leftover chicken, fresh lasagna sheets and vegetables into a cheesy 30-minute dinner. No layering, no oven and just one pan to wash.

SATURDAY



Spiced Lamb Burger

Lamb Burgers are a great alternative to beef and this Spiced Lamb Burger is absolutely delicious. Topped with creamy Tzatziki and a sticky Chilli Jam.

SUNDAY



Slow Cooker Mac & Cheese

Creamy slow cooker mac and cheese made with uncooked macaroni and everyday ingredients. No roux, evaporated milk or pre-boiling needed.

LUNCH

Monday: High Protein Chicken Bagel
Tuesday: Orzo Pasta Salad
Wednesday: Hunter's Chicken Wrap
Thursday: Cauliflower & Broccoli Soup
Friday: Cold Salmon Noodle Salad
Saturday: Picky Plate
Sunday: French Bread Pizza

BREAKFAST

Monday

Lemon
Baked Oats

Tuesday

Egg & Cheese
Bagel

Wednesday

High Fibre
Smoothie

Thursday

High Protein
Acai Bowl

Friday

Cottage Cheese
Egg Bites

Saturday

High Fibre
Overnight Oats

Sunday

Banana Oat
Waffles

SNACKS

Flavoured Yogurt (3 Ways)
Blueberry Oat Bars
Nut Free Energy Balls



Hungry Healthy Happy

SHOPPING LIST

WEEK 18

Fruit & Veg

Avocado (1)
Lemons (4)
Bananas (10)
Raspberries (200g/7oz)
Medjool dates (10)
Cucumber (2)
Salad tomatoes (100g/3.5oz)
Cherry tomatoes (410g/14.5oz)
Heirloom tomatoes (2)
Spinach (170g/6oz)
Rocket/arugula (125g/4.5oz)
White mushrooms (240g/8.5oz)

Brown onion (3)
Red onion (1)
Spring onions/scallions (6)
Garlic bulb (2)
Red bell pepper (6)
Cauliflower (750g/1.7lb)
Broccoli (420g/15oz)
Carrots (4)
Courgette/zucchini (1)
Potato (750g/1.7lb)
Aubergine/eggplant (1 small)

Pantry

Olive oil
Sesame oil
Coconut oil
Soy sauce
Oats (1.3kg/3lb)
Orzo pasta (300g/10.5oz)
Baking powder
Chia seeds
Flaxseeds
Sunflower seeds
Pumpkin seeds
Sesame seeds
Hemp hearts
Desiccated coconut
Maple syrup (1 bottle)
Honey (1 jar)
Vanilla extract (1 bottle)
Lemon curd (1 jar)
White chocolate chips (1 packet)
Peanut butter (2 jar)
Vanilla protein powder (60g/)
Sriracha chilli (1 bottle)
Frank's Buffalo sauce (1 bottle)
Butter beans (3 cans)

Olives (1 jar)
Sun-dried tomatoes (2 jars)
Dijon mustard (1 jar)
BBQ sauce
Vegetable stock
Chicken stock
Ginger paste
Garlic paste
Whole wheat noodles (4 nests)
Cashews (60g/2oz)
Pizza sauce (185g/6oz)
Gnocchi (500g/1.1lb)
Chopped tomatoes (2 cans)
Plum tomatoes (1 can)
Tomato puree (1 tube)
Coconut milk (1 can)
Curry paste (1 jar)
Mango chutney (1 jar)
Wholegrain mustard (1 jar)
Plain flour
Caster sugar
Cocoa powder
Apple cider vinegar
Macaroni (320g/11.5oz)

Chilled/Frozen

Frozen berries (760g/1.7lb)
Frozen raspberries (100g/3.5oz)
Frozen blueberries (225g/8oz)
Frozen unsweetened aca
(400g/14oz)

Edamame beans (140g/5oz)
Fresh pasta (500g/1.1lb)
Fresh lasagna (200g/7oz)
Tzatziki

Meat/Seafood

Chicken breast; raw
(400g/14oz)
Chicken breast; cooked
(440g/15.5oz)
Chicken thighs (900g/2lb)
Lamb mince (500g/1.1lb)
Bacon (4 rashers)
Pork sausages (400g/14oz)
Salmon fillets (480g/1lb)

Herbs & Spices

Italian seasoning
Onion powder
Garlic granules
Paprika
Mustard seeds
Dried thyme
Dried chilli flakes
Ground cumin
Ground cinnamon
Fresh dill
Fresh basil
Fresh coriander/cilantro

Dairy

Butter
Skimmed milk (3.3l/3.5qt)
Semi skimmed milk (700ml/24fl oz)
Single cream (100ml/3.5fl oz)
Eggs (16)
Gouda slices (8)
Light mature cheddar (425g/15oz)
Light feta (60g/2oz)
Light mozzarella (325g/11.5oz)
Fat free cottage cheese
(500g/1.1lb)
Light cream cheese (150g/5.5oz)
Fat free Greek yogurt (2.3kg/5lb)
Reduced fat creme fraiche
(150g/5.5oz)
Italian hard cheese (25g/1oz)

Bakery

Protein bagels (8)
Whole wheat tortilla wraps (4)
French stick (280g/)
Burger buns (4)

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