



eatwise

Meal Planner	To-do list	Shopping checklist
Monday		
Chicken with sweet potatoes and broccoli	Start the week by cooking tonight's dinner from scratch (it's quick!). Make Curried chick peas ready for tomorrow	Chicken breast fillets (or mini fillets)
		Sweet potatoes, broccoli, onions (red or white), garlic, scallions, red peppers
		Fresh coriander, fresh ginger (optional)
		Olive (or rapeseed) oil, rice,
		Honey, balsamic vinegar, Worcester sauce (or barbecue sauce instead of these 3)
		Chilli powder, ground cumin, coriander, turmeric (or curry spice mix, either powder or paste)
Tinned chickpeas, tinned tomatoes, tomato puree, chicken stock cubes, vegetable stock cubes		
Meal Planner	To-do list	Shopping checklist
Tuesday		
Curried chick peas with rice	Cook extra rice tonight to go with tomorrow's casserole and prepare veg for it. If you don't have a slow cooker make the casserole tonight.	Lean diced beef
		Onions, celery, carrots, garlic, spinach
		Tinned tomatoes, beef stock cubes
Meal Planner	To-do list	Shopping checklist
Wednesday		
Slow-cooked beef and vegetable casserole with rice	Casserole into slow cooker (in the morning!) will be ready when you get home. Heat leftover rice Evening:- make creamy mushroom soup for tomorrow and prepare veg for tomorrow's dinner - Cod roast with tomatoes, peppers & pesto	Cod (or haddock, hake...any white fish fillets /steaks)
		Philadelphia Light cheese spread
		Mushrooms, leeks, potatoes, tomatoes, pepper (any colour), onion (red or white), lemon (optional)
Marigold Bouillon powder (or vegetable stock cubes), olive oil, green or red pesto sauce.		

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Thursday		
Creamy mushroom soup, Cod roast with tomatoes, peppers & pesto, Served with quick-baked jacket potato	Tomorrow's dinner is a stir fry – you can shop for it today or tomorrow. There's an easy option to buy ready prepared veg	400g Cooked prawns or 300g cooked chicken
		Fresh ginger, garlic, red pepper, scallions, baby corns, mange tout / sugar snap peas
		Rapeseed oil, cornflour, Toasted sesame oil, noodles or rice
		Unsalted cashew nuts, Light soy sauce, dry sherry or rice wine,
Meal Planner	To-do list	Friday & weekend shopping checklist
Friday		
Stir fry (chicken, beef, prawn, vegetarian...your choice!) with noodles	Make your stir fry this evening – it's best eaten straight away! You can use frozen stir-fry veg if you prefer.	Chicken mini fillets (or breast fillets), Pork steak Buttermilk (or ordinary milk if you mix with lemon or natural yoghurt), Crème Fraiche / 0% fat Greek yoghurt (optional), eggs
		Onions, red peppers, courgettes, leeks, celery, celeriac (or turnip if unavailable), broccoli, potatoes, fresh ginger, fresh basil,. 4 very ripe bananas, orange or lemon (for zesting)
	Get your shopping in for the weekend this evening if you can or early tomorrow to have healthy choices in the fridge, ready to get on with making and enjoying the recipes over the weekend	Natural sweetener (eg Xylitol – optional), tinned coconut milk, Patak's korma spice paste, Dijon mustard
		Rapeseed, or olive oil, large jar roasted red peppers, tinned tomatoes, vegetable stock cubes, chicken stock cube, rice (eg brown Basmati), dried mixed herbs
		Wholemeal flour, plain flour, porridge oats, baking powder, baking soda, Ground almonds or desiccated coconut, mixed seeds (eg pumpkin, sesame, linseed (flaxseed), sunflower, chia), salt, cinnamon, vanilla extract, crunchy peanut butter
Saturday		
Chicken Korma with rice	Make a delicious curry for tonight and start preparing for the week to come with soup & muffins.	All items for these recipes are on the Friday / weekend shopping checklist.
Roasted red pepper soup	Very handy, using a jar of roasted peppers (I get them from Lidl)	
Banana nut muffins	Freeze some of these for snacks	
Sunday		
Roast pork steak with celeriac, roast potatoes and broccoli	A traditional Sunday roast – this is quick to make and has a lovely zesty flavour.	All items for this recipe are on the Friday / weekend shopping checklist