



MEAL PLAN

Meal Plan 2

A week of healthy, beginner-friendly meals from seven cuisines,
with a shopping list for every recipe.

8 Chapters

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Generated with Claude

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Meal Plan 2: Around the World

Day 1 · Monday · Italy

Today at a glance. Italy, adapted for beginners. Three recipes, about 1 hour 20 minutes of cooking in total. Breakfast takes five minutes, lunch is a one-pot soup, and dinner makes **two portions** of meatballs in sauce: one to eat tonight and one for the freezer. Every quantity below is for **one portion** unless the recipe says otherwise, in metric with UK names.

Breakfast

BREAKFAST

Ricotta and Berry Toast

5 minutes

Toaster only

3 ingredients

Vegetarian

INGREDIENTS (1 PORTION)

2 slices wholemeal bread

60 g ricotta (about 4 tbsp)

80 g mixed berries (fresh, or frozen and thawed)

1 tsp honey (optional)

METHOD

1. If your berries are frozen, tip them into a bowl a few minutes ahead, or microwave them for 30 seconds, so they soften and release their juice.
2. Toast the bread until golden.
3. Spread the ricotta over the hot toast, going right to the edges.
4. Spoon the berries and their juice over the top, pressing them in lightly. Drizzle with the honey if you want it sweeter.

LEFTOVER RICOTTA

You will have most of a tub left. Keep it covered in the fridge and use it within the date on the tub, or within 3 days of opening, whichever comes first. It is nice on toast again tomorrow, or stirred into scrambled eggs.

WHY IT IS A HEALTHY START

Ricotta is a soft, mild cheese that is high in protein and lower in fat than many cheeses. Berries add fibre and sweetness without any sugar, and wholemeal toast keeps you full.

SWAPS

Sliced banana or a chopped pear instead of the berries. A pinch of cinnamon on top. Cottage cheese or Greek yoghurt in place of the ricotta.

[Shopping list for this recipe](#)

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LUNCH · VEGETARIAN

Tuscan White Bean and Vegetable Soup

10 minutes prep

20 minutes cooking

1 pan

Vegetarian

INGREDIENTS (1 LARGE BOWL)

1 tin cannellini beans (400 g), drained and rinsed

1 small onion

1 carrot

1 clove garlic

40 g baby spinach

½ reduced-salt vegetable stock cube

1 tsp olive oil

½ tsp dried thyme

350 ml boiling water

Black pepper

METHOD

1. Peel and finely chop the onion. Peel the carrot and cut it into small cubes, about 1 cm. Peel and chop the garlic.
2. Heat the oil in a saucepan over a medium heat. Cook the onion and carrot for 6 minutes, stirring, until the onion is soft. Add the garlic and thyme and stir for 30 seconds.
3. Crumble in the stock cube, add the beans and pour in the boiling water. Bring to a simmer and cook for 15 minutes, partly covered.
4. With a fork or potato masher, crush about a third of the beans against the side of the pan. This thickens the soup and makes it creamy.
5. Stir in the spinach and cook for 1 minute until it wilts. Season with plenty of black pepper and taste before adding any salt, because the stock cube already contains some.

WHY IT IS A HEALTHY LUNCH

A full tin of beans gives a lot of protein and fibre, and the soup is mostly vegetables and pulses with very little fat. It is the kind of simple, filling soup an Italian farmhouse would make.

SWAPS

A squeeze of lemon or a drizzle of olive oil at the end is traditional. Use kale or cavolo nero in place of the spinach (cook it for 5 minutes longer). Add a spoonful of tomato purée with the garlic for a deeper colour.

[Shopping list for this recipe](#)

Dinner

Beef Meatballs in Tomato Sauce with Wholewheat Spaghetti

20 minutes prep

30 minutes cooking

Makes 2 portions

1 pan plus pasta

INGREDIENTS (MAKES 2 PORTIONS OF MEATBALLS AND SAUCE; PASTA FOR TONIGHT ONLY)

300 g lean beef mince (5% fat)

1 onion

2 cloves garlic

2 tbsp porridge oats

1 tsp dried oregano

2 tsp olive oil

1 tin chopped tomatoes (400 g)

75 g wholewheat spaghetti (tonight's portion only)

Salt and black pepper

METHOD

1. Peel the onion. Grate half of it on the coarse side of a grater into a large bowl, and finely chop the other half. Peel the garlic and chop it finely.
2. Add the mince, oats, half the oregano, a good pinch of salt, some pepper and 2 tbsp of water to the grated onion. Mix with your hands until it just comes together, without squeezing it too much. Wash your hands well.
3. Roll the mixture into about 12 small balls, each about the size of a walnut. Wet your hands to stop it sticking.
4. Heat 1 tsp of the oil in a large non-stick frying pan over a medium heat. Brown the meatballs for 6 to 8 minutes, turning them often, until golden on all sides. Move them to a plate.
5. Add the remaining oil and the chopped onion to the same pan and cook for 4 minutes until soft. Add the garlic and stir for 30 seconds.
6. Pour in the tomatoes, add the remaining oregano, a pinch of salt and 50 ml of water. Return the meatballs to the pan and turn them in the sauce.

7. Simmer gently with the lid half on for 15 minutes, turning the meatballs once. Cut the largest one open to check: there should be no pink in the middle and the juices should run clear.
8. Meanwhile, cook the spaghetti in plenty of boiling water following the packet (wholewheat usually takes 10 to 12 minutes). Save a cupful of the cooking water, then drain.
9. Toss the pasta with a few spoonfuls of the sauce, adding a splash of the cooking water if it looks dry. Serve half of the meatballs and sauce on top.

FREEZING THE SECOND PORTION

Put the other half of the meatballs and sauce in a shallow container, let it cool for up to an hour, then freeze it within a few hours. Label it with the date and use it within 3 months. Defrost it overnight in the fridge and reheat it until it is steaming hot all the way through, and do not freeze it again.

WHY IT IS A HEALTHY DINNER

Lean mince keeps the saturated fat down, the oats stand in for breadcrumbs and add fibre, and the tomato sauce counts as a vegetable. Wholewheat spaghetti has more fibre than white and keeps you full for longer.

SWAPS

White spaghetti if wholewheat is not to your taste. A pinch of chilli flakes in the sauce for heat. Chopped fresh basil on top if you have some. Turkey mince instead of beef makes a lighter version.

[Shopping list for this recipe](#)

COMING UP TOMORROW

Tuesday heads to Mexico: a black bean breakfast burrito, a sweetcorn and black bean rice bowl for lunch and chicken fajitas for dinner. Nothing needs preparing tonight.

Meal Plan 2: Around the World

Day 2 · Tuesday · Mexico

Today at a glance. Mexico, adapted for beginners. Three recipes, about 1 hour 10 minutes of cooking in total. One tin of black beans covers both breakfast and lunch, so nothing is left over. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST

Black Bean Breakfast Burrito

12 minutes

1 pan

4 ingredients

Vegetarian

INGREDIENTS (1 PORTION)

1 wholemeal tortilla wrap

2 eggs

100 g black beans from a tin, drained and rinsed (a little under half the tin; lunch uses the rest)

½ tsp ground cumin

1 tsp olive oil

Salt and black pepper

METHOD

1. Drain and rinse the beans. Beat the eggs in a bowl with a pinch of salt and some pepper.
2. Heat half the oil in a small non-stick frying pan over a medium heat. Add the beans and cumin and cook for 2 minutes, mashing about half of them roughly with a fork. Tip them onto a plate.
3. Add the remaining oil to the pan and pour in the eggs. Stir slowly with a spatula for 1 to 2 minutes, until they are just set but still soft. Take the pan off the heat.
4. Warm the wrap for 15 seconds in the microwave, or for 20 seconds each side in a dry pan, so it folds without cracking.
5. Spoon the beans and eggs along the middle of the wrap. Fold in the two sides and roll it up tightly. For a crisp finish, put it back in the pan seam side down for 1 minute.

WHY IT IS A HEALTHY START

Beans and eggs together give a lot of protein, and the beans add fibre, so one burrito keeps you going until lunch. Wholemeal wraps add more fibre than white ones.

SWAPS

A spoonful of grated cheddar inside the burrito, or a splash of hot sauce. Add a handful of baby spinach to the eggs. Wrap it in baking paper and it travels well.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN

Sweetcorn and Black Bean Rice Bowl

10 minutes prep

25 minutes cooking

Vegetarian

INGREDIENTS (1 PORTION)

60 g brown basmati rice

140 g black beans, the rest of the tin, drained and rinsed

80 g frozen sweetcorn

1 medium tomato

30 g red onion (about a quarter of a small one)

½ lime, juiced

1 tsp olive oil

½ tsp smoked paprika

Salt and black pepper

METHOD

1. Cook the rice in plenty of boiling water following the packet (brown basmati usually takes about 25 minutes). Add the sweetcorn to the same pan for the last 3 minutes, then drain both together.
2. While the rice cooks, peel the onion and slice it very thinly. Chop the tomato into small pieces.
3. Put the drained beans in a small pan with the paprika, a splash of water and a pinch of salt. Warm them for 3 minutes over a medium heat, stirring.
4. Mix the lime juice and oil in a cup with a pinch of salt and some pepper.
5. Spoon the rice and sweetcorn into a bowl and top with the beans, tomato and onion. Pour the lime dressing over the top.

WHY IT IS A HEALTHY LUNCH

Rice and beans make a complete, filling meal on their own, and brown rice and the beans give plenty of fibre. It is vegetarian without feeling like a compromise.

SWAPS

A spoonful of Greek yoghurt on top instead of soured cream. Chopped fresh coriander if you like it. A pinch of chilli flakes for heat, or half an avocado on the side.

[Shopping list for this recipe](#)

Dinner

DINNER · CHICKEN

Chicken Fajitas with Peppers

15 minutes prep

15 minutes cooking

1 portion

1 pan

INGREDIENTS (1 PORTION, 2 FAJITAS)

150 g	skinless chicken breast
1	large red pepper (about 150 g)
½	red onion
2	small wholemeal tortilla wraps
1 tsp	smoked paprika
½ tsp	ground cumin
½	lime, juiced
2 tsp	olive oil
40 g	plain Greek-style yoghurt, to serve

Salt and black pepper

METHOD

1. Cut the chicken into strips about 1 cm thick. Put them in a bowl with the paprika, cumin, half the oil, the lime juice and a pinch of salt, and turn until every piece is coated. Wash your hands, the board and the knife.
2. Cut the pepper in half, remove the seeds and slice it into thin strips. Peel the onion and slice it thinly.
3. Heat the remaining oil in a large frying pan over a high heat. Add the pepper and onion and cook for 5 minutes, stirring now and then, until soft with a few browned edges. Push them to the side of the pan.
4. Add the chicken to the empty half of the pan and cook for 5 to 6 minutes, turning, until golden. Cut into the thickest piece to check: there must be no pink inside.
5. Stir everything together for 30 seconds. Warm the wraps for 20 seconds each side in a dry pan or for 15 seconds in the microwave.
6. Spoon the chicken and vegetables into the wraps, add the yoghurt, and fold or roll them up.

RAW CHICKEN

Do not wash raw chicken, because it splashes bacteria around the sink. Wash your hands, the board and the knife with hot, soapy water as soon as you have finished handling it.

WHY IT IS A HEALTHY DINNER

Chicken breast is one of the leanest meats, and half the filling is peppers and onion. Yoghurt stands in for soured cream, so the fat stays low.

SWAPS

Use sliced courgette or mushrooms alongside the pepper. Serve in lettuce leaves instead of wraps. Thin strips of steak work in place of the chicken and cook in about 3 minutes.

[Shopping list for this recipe](#)

COMING UP TOMORROW

Wednesday heads to India: a mango and yoghurt smoothie bowl, spiced scrambled egg on toast and a tomato and lentil dal with rice. Leave the frozen mango in the freezer ready for breakfast.

Meal Plan 2: Around the World

Day 3 · Wednesday · India

Today at a glance. India, adapted for beginners. Three recipes, about 55 minutes of cooking in total, and dinner is the vegetarian one. Tonight you cook **double the rice**: half for dinner and half, chilled, for *Thursday's lunch*. You also need to make **tomorrow's breakfast tonight** (see the tip at the end). Every quantity below is for **one portion** unless the recipe says otherwise, in metric with UK names.

Breakfast

BREAKFAST

Mango and Yoghurt Bowl

5 minutes

No cooking

3 ingredients

Vegetarian

INGREDIENTS (1 PORTION)

120 g frozen mango chunks

150 g plain Greek-style yoghurt

1 tbsp porridge oats (about 15 g), for crunch

METHOD

1. Take the mango out of the freezer about 10 minutes before you want to eat, or microwave it for 30 seconds, so it is soft enough to mash but still cold.
2. Mash most of the mango in a bowl with a fork until it is a rough purée. If you have a stick blender, blitz it for a smooth bowl.
3. Stir in the yoghurt until it is creamy and pale orange. This is the flavour of a mango lassi, the Indian yoghurt drink, in a bowl.
4. Top with the remaining chunks of mango and the oats.

WHY IT IS A HEALTHY START

Yoghurt gives protein and calcium, mango gives natural sweetness and vitamin C, and the oats add fibre. There is no added sugar.

SWAPS

Fresh mango when it is in season. A pinch of ground cardamom or cinnamon if you have some. Frozen berries or banana instead of the mango.

[Shopping list for this recipe](#)

Lunch

LUNCH

Egg Bhurji on Toast

12 minutes

1 pan

Vegetarian

INGREDIENTS (1 PORTION)

2 eggs

¼ onion (about 40 g)

1 small tomato

½ tsp ground cumin

¼ tsp ground turmeric

1 tsp olive oil

2 slices wholemeal bread

Salt and black pepper

METHOD

1. Peel and finely chop the onion. Chop the tomato into small pieces. Beat the eggs in a bowl with a pinch of salt and some pepper.
2. Heat the oil in a small non-stick frying pan over a medium heat. Cook the onion for 3 minutes, stirring, until soft.
3. Add the cumin and turmeric and stir for 20 seconds, then add the tomato and cook for 2 minutes until it softens and the juices have mostly gone.
4. Pour in the eggs. Stir gently with a spatula for 1 to 2 minutes, until the egg is set in soft, spiced curds. Take it off the heat while it still looks slightly moist.
5. Toast the bread while the eggs cook, and spoon the bhurji on top.

ABOUT THE TURMERIC

Turmeric stains worktops, cloths and plastic. Wipe the spoon and any spills straight away.

WHY IT IS A HEALTHY LUNCH

Eggs bring protein, and the onion and tomato turn a plain scramble into a vegetable dish. The spices add a lot of flavour without extra salt or fat.

SWAPS

Add a finely chopped green chilli with the onion if you like heat. Chopped fresh coriander on top. Serve it in a wholemeal wrap instead of on toast.

[Shopping list for this recipe](#)

Dinner

Tomato and Lentil Dal with Rice

10 minutes prep

30 minutes cooking

Vegetarian

Extra rice for tomorrow

INGREDIENTS (1 PORTION OF DAL; RICE FOR TONIGHT AND TOMORROW)

60 g dried red split lentils**½** onion**1 clove** garlic**1 cm** fresh root ginger**2** medium tomatoes (about 200 g)**1 tsp** ground cumin**½ tsp** ground turmeric**1 tsp** garam masala**2 tsp** olive oil**400 ml** water**120 g** brown basmati rice (60 g for tonight, 60 g for tomorrow)

Salt

METHOD

1. Put the rice on first. Cook all 120 g in plenty of boiling water following the packet (brown basmati usually takes about 25 minutes), then drain it.
2. Rinse the lentils in a sieve under cold water until the water runs clearer.
3. Peel and finely chop the onion and garlic, peel and grate the ginger, and chop the tomatoes.
4. Heat the oil in a saucepan over a medium heat. Cook the onion for 5 minutes until soft. Add the garlic and ginger and stir for 1 minute.
5. Stir in the cumin and turmeric for 20 seconds, then add the tomatoes and cook for 3 minutes until they break down.
6. Add the lentils, the water and a good pinch of salt. Bring to the boil, then turn down and simmer for 20 to 25 minutes with the lid half on, stirring now and then, until the

lentils have collapsed into a thick, soupy porridge. Add a splash of water if it gets too dry.

7. Stir in the garam masala, taste, and add more salt if you need it.
8. Serve the dal over half of the rice.

SAVING TOMORROW'S RICE SAFELY

Rice that is left to cool slowly can grow bacteria that reheating does not remove. Spread the other half of the rice on a plate straight away, let it cool for no more than an hour, then cover it and put it in the fridge. Eat it by tomorrow, and heat it until it is steaming hot all the way through. Reheat it only once.

WHY IT IS A HEALTHY DINNER

Red lentils are high in protein and fibre, cook without soaking, and fall apart into a creamy dal. The meal is vegetarian, low in fat and cheap.

SWAPS

Stir in a handful of spinach at the end. Add a squeeze of lemon, a pinch of chilli flakes, or a spoonful of yoghurt on top. Use curry powder in place of the cumin, turmeric and garam masala if that is all you have.

[Shopping list for this recipe](#)

DO THIS TONIGHT: TOMORROW'S BREAKFAST

Thursday's overnight oats need to soak for at least 6 hours. Before bed, follow the recipe in the next chapter: it takes 5 minutes and you will have breakfast ready in the fridge.

COMING UP TOMORROW

Thursday heads to Korea and East Asia: overnight oats with apple and walnut, egg fried rice made with tonight's rice, and a beef bulgogi-style rice bowl.

Meal Plan 2: Around the World

Day 4 · Thursday · Korea and East Asia

Today at a glance. Korea and East Asia, adapted for beginners. Three recipes, about 1 hour of cooking in total. **Breakfast is made the night before** (Wednesday evening), and lunch uses **Wednesday's chilled rice**, which must be eaten today. Dinner is the second beef dish of the week. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

Apple and Walnut Overnight Oats

5 minutes tonight

6 hours or overnight in the fridge

5 ingredients

Vegetarian

INGREDIENTS (1 PORTION)

40 g porridge oats**100 ml** semi-skimmed milk**50 g** plain Greek-style yoghurt**1** apple**15 g** walnut pieces**¼ tsp** ground cinnamon

METHOD

1. **The evening before:** grate half the apple, skin and all, on the coarse side of a grater, avoiding the core.
2. In a jar or a bowl with a lid, stir together the oats, milk, yoghurt, cinnamon and grated apple until there is no dry oat left.
3. Cover and put it in the fridge for at least 6 hours, or overnight. The oats soak up the liquid and soften without any cooking.
4. **In the morning:** stir the oats, adding a splash of milk if they are too thick. Chop the other half of the apple and scatter it on top with the walnuts. Eat it cold, or warm it in the microwave for 1 minute.

WHY IT IS A HEALTHY START

Soaked oats are gentle on the stomach and filling, the yoghurt adds protein, and the walnuts give healthy fats. It takes five minutes the night before and nothing on the day.

SWAPS

A pear or banana instead of the apple. Chopped almonds or seeds in place of the walnuts. A teaspoon of honey if you want it sweeter.

[Shopping list for this recipe](#)

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Egg Fried Rice with Peas

12 minutes

1 pan

Vegetarian

INGREDIENTS (1 PORTION)

1 portion cooked brown basmati rice from Wednesday (about 150 g)

2 eggs

60 g frozen peas

2 spring onions

1 clove garlic

1 tbsp reduced-salt soy sauce

2 tsp olive oil

Black pepper

METHOD

1. Take the rice out of the fridge and break up any clumps with a fork. Beat the eggs. Trim and slice the spring onions, keeping the white and green parts separate. Peel and finely chop the garlic.
2. Heat 1 tsp of the oil in a large frying pan or wok over a medium-high heat. Pour in the eggs and stir for 30 to 60 seconds until they are just set. Tip them onto a plate.
3. Add the remaining oil, the white parts of the spring onions and the garlic. Stir for 30 seconds, then add the peas and cook for 2 minutes.
4. Add the rice and stir-fry for 3 to 4 minutes, pressing it against the pan, until it is steaming hot all the way through. Do not stop stirring.
5. Return the egg to the pan, breaking it into pieces, and add the soy sauce and some pepper. Toss for 30 seconds, scatter over the green spring onions, and serve at once.

RICE SAFETY

This rice should have been chilled quickly yesterday and kept in the fridge. Heat it until it is piping hot all the way through, eat it straight away, and do not keep or reheat any left over. If you are in doubt about how it was stored, throw it away.

WHY IT IS A HEALTHY LUNCH

Cold, day-old rice fries better than fresh, so using up yesterday's rice is the proper way to make it. The peas add fibre and protein, and the eggs make it a complete meal in one pan.

SWAPS

A handful of chopped spinach, grated carrot or sweetcorn can go in with the peas. A drizzle of toasted sesame oil at the end is traditional. Add a pinch of chilli flakes for heat.

[Shopping list for this recipe](#)

Dinner

Beef Bulgogi-Style Rice Bowl

15 minutes prep

15 minutes marinating

25 minutes cooking

1 pan plus rice

INGREDIENTS (1 PORTION)

150 g lean beef steak (sirloin or rump)

60 g brown basmati rice

1½ tbsp reduced-salt soy sauce

1 tsp honey

1 clove garlic

1 cm fresh root ginger

1 carrot

50 g baby spinach

1 spring onion

2 tsp olive oil

METHOD

1. Trim any hard fat from the steak and slice it across the grain into thin strips, about 3 mm thick. Peel the garlic and ginger and grate them finely.
2. In a bowl, mix the soy sauce, honey, garlic and ginger. Add the beef, turn it to coat, and leave it for at least 15 minutes (or up to 8 hours in the fridge, covered).
3. Meanwhile, cook the rice in plenty of boiling water following the packet (brown basmati usually takes about 25 minutes), and drain it. Peel and coarsely grate the carrot, and trim and slice the spring onion.
4. Heat 1 tsp of the oil in a large frying pan over a high heat until very hot. Lift the beef out of the marinade (keep the marinade) and cook it in a single layer for 1 to 2 minutes, turning once, until browned. Tip it onto a plate.
5. Turn the heat to medium, add the rest of the oil and the spinach, and stir for 1 minute until it wilts. Move it to the side of the plate.
6. Pour the leftover marinade into the pan and let it bubble for 1 minute until it is hot and slightly sticky. This cooks the marinade, so it is safe to eat. Return the beef to the pan

for 20 seconds.

7. Spoon the rice into a bowl and arrange the beef, spinach and grated carrot on top. Pour over any sauce from the pan and scatter with the spring onion.

WHY IT IS A HEALTHY DINNER

Lean steak sliced thin goes a long way, and the bowl is a third vegetables. The marinade uses a little honey and reduced-salt soy for flavour instead of sugary bottled sauce.

SWAPS

Add a teaspoon of toasted sesame seeds on top. Use thin pork or chicken strips if you prefer. A fried egg on top turns it towards the Korean dish bibimbap. A spoonful of kimchi on the side, if you like it.

[Shopping list for this recipe](#)

COMING UP TOMORROW

Friday heads to Spain: tomato and avocado toast, a Spanish potato omelette and a Basque-style cod dinner. If you bought frozen cod, take it out of the freezer tonight and defrost it on a plate in the fridge.

Meal Plan 2: Around the World

Day 5 · Friday · Spain

Today at a glance. Spain, adapted for beginners, and the fish day. Three recipes, about 1 hour 10 minutes of cooking in total. Dinner uses **half a tin of tomatoes**, and the other half goes into *tomorrow's breakfast*, so keep it. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST

Tomato and Avocado Toast

7 minutes

Toaster only

4 ingredients

Vegetarian

INGREDIENTS (1 PORTION)

2 slices wholemeal bread

1 small ripe avocado

1 small ripe tomato

1 tsp olive oil

Salt and black pepper

METHOD

1. Put the bread in the toaster.
2. Cut the tomato in half across the middle. Hold each half cut side down over a bowl and grate it on the coarse side of a grater, until only the skin is left in your hand. Throw the skin away. This is how pan con tomate, the classic Spanish breakfast, is made.
3. Halve the avocado, remove the stone and scoop the flesh into a small bowl. Mash it with a fork and add a pinch of salt and some pepper.
4. Spread the grated tomato over the hot toast, drizzle with the olive oil, then spread the avocado on top.

WHY IT IS A HEALTHY START

Avocado gives you unsaturated fats and fibre, and fresh tomato adds vitamin C with almost no calories. The wholemeal toast keeps it filling.

SWAPS

A pinch of smoked paprika or chilli flakes on top. A boiled or poached egg on the side. A squeeze of lemon juice stops the avocado going brown if you leave it standing.

BUYING AVOCADOS

Avocados sold hard take two to four days to ripen on the worktop. A ripe one gives slightly when you press the end near the stalk. Buy one on shopping day so that it is ready by Friday.

Shopping list for this recipe

Lunch

LUNCH

Spanish Potato Omelette with Salad

10 minutes prep

20 minutes cooking

1 pan

Vegetarian

INGREDIENTS (1 PORTION)

150 g waxy potatoes (new or baby potatoes)

½ onion

2 eggs

2 tsp olive oil, plus 1 tsp for the salad

40 g baby spinach or salad leaves

Salt and black pepper

METHOD

1. Wash the potatoes and slice them as thinly as you can, about 3 mm. Peel the onion and slice it thinly. Beat the eggs in a bowl with a pinch of salt and some pepper.
2. Put the potato slices in a microwave-safe bowl with a splash of water, cover with a plate, and microwave for 3 to 4 minutes, until they are nearly tender. Drain well. (Without a microwave, simmer them in water for 5 minutes and drain.)
3. Heat the 2 tsp of oil in a small non-stick frying pan, about 18 cm across, over a medium heat. Cook the onion for 5 minutes until soft. Add the potatoes and cook for 3 minutes, turning, with a pinch of salt.
4. Tip the potato and onion into the beaten eggs, stir, then pour everything back into the pan and flatten it with a spatula.
5. Turn the heat to low, cover with a lid or a plate, and cook for 5 to 6 minutes, until the underneath is golden and the top is nearly set.
6. Finish the top under a hot grill for 2 minutes until it is set and lightly browned. Or slide it onto a plate and flip it back into the pan, if you are confident.
7. Toss the leaves with the remaining 1 tsp of oil and a pinch of salt. Cut the omelette into wedges and serve with the salad.

WHY IT IS A HEALTHY LUNCH

The classic recipe fries the potatoes in a lot of oil. Pre-cooking them in the microwave means this one uses a fraction of it, and the eggs and potato together make a filling,

balanced lunch.

SWAPS

Add a handful of peas or some chopped red pepper with the onion. It is also very good cold, so you can pack a wedge in a lunchbox. Serve it in a wholemeal roll for a Spanish-style sandwich.

[Shopping list for this recipe](#)

Dinner

Basque-Style Cod with Peppers, Tomatoes and Potatoes

15 minutes prep

30 minutes cooking

1 portion

1 pan

INGREDIENTS (1 PORTION)

1 fillet	cod, skinless (about 150 g)
150 g	waxy potatoes (new or baby potatoes)
1	red pepper (about 150 g)
½	onion
1 clove	garlic
200 g	chopped tomatoes (half a 400 g tin)
1 tsp	smoked paprika
1 tbsp	olive oil
100 ml	water

Salt and black pepper

METHOD

1. Wash the potatoes and slice them into coins about 4 mm thick. Cut the pepper in half, remove the seeds and slice it into strips. Peel the onion and slice it. Peel and chop the garlic.
2. Heat the oil in a wide frying pan with a lid over a medium heat. Cook the onion and pepper for 8 minutes, stirring, until soft. Add the garlic and paprika and stir for 30 seconds.
3. Add the potatoes, the tomatoes, the water and a good pinch of salt. Bring to a gentle bubble, cover, and cook for 15 minutes, stirring once, until the potatoes are nearly tender.
4. Pat the cod dry with kitchen paper and season it with salt and pepper. Nestle it into the sauce, spoon some sauce over the top, cover again, and cook for 6 to 8 minutes.
5. The fish is ready when it is opaque all the way through and flakes easily with a fork. If it still looks glassy in the middle, give it another 2 minutes.
6. Serve from the pan.

KEEP THE OTHER HALF TIN

Put the other half tin of tomatoes in a covered container in the fridge. Tomorrow's breakfast, menemen, uses it.

WHY IT IS A HEALTHY DINNER

Cod is very lean, high in protein and low in fat, and the peppers and tomatoes make the sauce a serving of vegetables. Everything cooks in one pan.

SWAPS

Any firm white fish, such as haddock, hake or pollock, works. Add a few olives or capers in the last 5 minutes. A pinch of chilli flakes with the paprika adds some heat. Frozen cod fillets work well if they are defrosted in the fridge first.

[Shopping list for this recipe](#)

COMING UP TOMORROW

Saturday heads to Turkey: menemen for breakfast (with tonight's other half tin of tomatoes), a bulgur salad for lunch and beef kofta for dinner. If your beef mince is in the freezer, take it out tonight and defrost it in the fridge.

Meal Plan 2: Around the World

Day 6 · Saturday · Turkey

Today at a glance. Turkey, adapted for beginners. Three recipes, about 1 hour of cooking in total, and dinner is the third beef dish of the week. Breakfast uses **the half tin of tomatoes from Friday**. Lunch is vegetarian and needs no cooking beyond soaking the bulgur. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST

Menemen (Turkish Tomato, Pepper and Egg Scramble)

15 minutes

1 pan

Vegetarian

INGREDIENTS (1 PORTION)

2	eggs
200 g	chopped tomatoes (the half tin kept from Friday)
½	red pepper (the other half goes into lunch)
1 tsp	olive oil
½ tsp	smoked paprika
2 slices	wholemeal bread, to serve

Salt and black pepper

METHOD

1. Cut the pepper in half, remove the seeds and chop one half into small pieces, about 1 cm. Wrap the other half and keep it for lunch.
2. Heat the oil in a small frying pan over a medium heat. Cook the pepper for 5 minutes, stirring, until soft.
3. Add the paprika and stir for 20 seconds, then pour in the tomatoes with a pinch of salt. Simmer for 6 to 8 minutes, stirring now and then, until the sauce is thick and most of the liquid has gone.
4. Make two small hollows in the sauce and crack an egg into each. Break the yolks with a spoon and swirl them lightly through the sauce.
5. Cook over a low heat for 2 to 3 minutes, stirring gently, until the egg is just set. It should be soft and a little saucy, not dry. Season with black pepper.
6. Toast the bread while the eggs cook, and use it to mop up the pan.

WHY IT IS A HEALTHY START

Menemen is a whole breakfast of vegetables and egg in one pan with very little oil. Cooked tomatoes are a good source of vitamin C and lycopene, and the egg adds protein.

SWAPS

A pinch of chilli flakes for heat. Crumbled feta on top. Fry a finely chopped green pepper in place of the red if you want it more traditional. Add a handful of spinach with the tomatoes.

[Shopping list for this recipe](#)

Lunch

LUNCH · VEGETARIAN

Cucumber, Tomato and Herb Bulgur Salad

15 minutes prep

No cooking, just soaking

Vegetarian

INGREDIENTS (1 PORTION)

60 g bulgur wheat (fine or medium)

½ cucumber (about 100 g; dinner uses the other half)

1 medium tomato

½ red pepper (the rest from breakfast)

30 g red onion (the last quarter)

15 g fresh flat-leaf parsley (a small handful)

½ lemon, juiced

2 tsp olive oil

150 ml boiling water

Salt and black pepper

METHOD

1. Put the bulgur in a heatproof bowl with a pinch of salt. Pour over the boiling water, cover the bowl with a plate and leave it for 10 to 15 minutes, until the grains are soft and the water has gone. Fluff it with a fork and leave it to cool.
2. While it soaks, chop the cucumber, tomato and pepper into small pieces, about 5 mm. Peel the onion and chop it very finely. Pick the parsley leaves off the stalks and chop them.
3. Mix the lemon juice and olive oil in a cup with a pinch of salt and some pepper.
4. Stir the vegetables and parsley into the cooled bulgur and pour over the dressing. Taste it and add more lemon or salt if you need to.

WHY IT IS A HEALTHY LUNCH

Bulgur is a whole grain with plenty of fibre, and it cooks by soaking, so there is no pan to wash. The salad is mostly vegetables and herbs, and it tastes better after it has sat for an hour, so you can make it ahead.

SWAPS

A handful of chopped fresh mint with the parsley. Add a few chickpeas from a tin for more protein. A spoonful of Greek yoghurt on the side. Couscous works in place of the bulgur and soaks in the same way.

[Shopping list for this recipe](#)

Dinner

DINNER · BEEF

Beef Kofta with Tzatziki, Flatbread and Salad

20 minutes prep

12 minutes cooking

1 portion

1 pan

INGREDIENTS (1 PORTION)

150 g lean beef mince (5% fat)

¼ onion

1 clove garlic

1 tsp ground cumin

½ tsp smoked paprika

1 tbsp chopped fresh parsley (from lunch)

1 tsp olive oil

1 wholemeal pitta bread

TZATZIKI

80 g plain Greek-style yoghurt

50 g cucumber (a quarter of the cucumber)

½ tsp dried mint, or 1 tsp fresh

Pinch of salt

SALAD

1 medium tomato

50 g cucumber (the last quarter)

½ lemon, juiced

1 tbsp chopped fresh parsley

METHOD

1. If your mince was frozen, check it has defrosted completely in the fridge. Do not cook it from partly frozen.
2. **Tzatziki:** grate the cucumber on the coarse side of a grater and squeeze it hard in your hand to get rid of the water. Stir it into the yoghurt with the mint and a pinch of salt.

Put it in the fridge.

3. **Salad:** chop the tomato and cucumber, toss them with the parsley and lemon juice, and leave them to one side.
4. Grate the onion on the fine side of a grater and peel and crush the garlic. Put them in a bowl with the mince, cumin, paprika, parsley and a good pinch of salt. Mix with your hands until it comes together, then wash your hands well.
5. Divide the mixture into 4 and shape each piece into a short sausage, about 8 cm long. Wet your hands if it sticks.
6. Heat the oil in a non-stick frying pan over a medium-high heat. Cook the kofta for 10 to 12 minutes, turning every 2 to 3 minutes, until browned all over. Cut the thickest one open to check: it must be brown all the way through with no pink, and the juices must run clear.
7. Warm the pitta in the toaster for 30 to 60 seconds, then split it open or cut it into strips.
8. Serve the kofta on the pitta with the salad and a large spoonful of tzatziki.

COOK MINCE THROUGH

Minced meat is ground up, so any germs on the outside get mixed inside. Cook it until there is no pink in the middle. Wash your hands, the bowl and the board straight after shaping the kofta.

WHY IT IS A HEALTHY DINNER

Kofta are normally made with fatty lamb. Lean beef, grated onion for moisture and a yoghurt sauce instead of a cream-based one give you the flavour with far less fat, and the salad fills half the plate.

SWAPS

Lamb mince if you want it more traditional (choose the leanest). Turkey or chicken mince for a lighter version. A pinch of chilli flakes in the mixture. Put it all in a wholemeal wrap if you have no pitta.

[Shopping list for this recipe](#)

COMING UP TOMORROW

Sunday is British: beans and grilled tomato on toast, a leek and potato soup and a lemon and herb roast chicken. The chicken recipe cooks *two* portions, one to eat and one to keep for a sandwich or salad, so buy enough on shopping day.

Meal Plan 2: Around the World

Day 7 · Sunday · Britain

Today at a glance. The week ends at home, with British classics made lighter. Three recipes, about 1 hour 30 minutes of cooking in total, most of it hands-off. Dinner is a roast that cooks **two portions of chicken**: one to eat tonight and one to keep cold for a sandwich or salad. Every quantity below is for **one portion** unless the recipe says otherwise, in metric with UK names.

Breakfast

BREAKFAST

Baked Beans and Grilled Tomato on Wholemeal Toast

10 minutes

Grill and toaster

3 ingredients

Vegetarian

INGREDIENTS (1 PORTION)

2 slices wholemeal bread

200 g baked beans, reduced sugar and salt (half a 400 g tin)

1 large tomato

Black pepper

METHOD

1. Heat the grill to high. Cut the tomato in half through the middle, put the halves cut side up on a baking tray, and grill them for 5 to 6 minutes, until soft and lightly browned at the edges.
2. Meanwhile, warm the beans in a small saucepan over a medium heat for 3 to 4 minutes, stirring, until they are bubbling and hot all the way through. (Or microwave them in a covered bowl for 1 minute 30 seconds, stir, and heat for a further 30 seconds.)
3. Toast the bread.
4. Spoon the beans over the toast, put the tomato halves on the side, and season with plenty of black pepper.

THE OTHER HALF TIN

Tip the rest of the beans into a covered container (not the open tin) and keep them in the fridge. Eat them within 2 days, for example on toast again or alongside a baked potato.

WHY IT IS A HEALTHY START

Baked beans count towards your five a day, and they give fibre and protein for very little fat. Choosing the reduced sugar and salt kind and grilling the tomato rather than frying it makes this a lighter version of a cooked breakfast.

SWAPS

A poached or boiled egg on top. A few mushrooms grilled on the tray with the tomato. A teaspoon of Worcestershire sauce stirred into the beans.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN

Leek and Potato Soup

10 minutes prep

25 minutes cooking

1 pan

Vegetarian

INGREDIENTS (1 LARGE BOWL)

1 medium leek (about 150 g once trimmed)

150 g potatoes

½ reduced-salt vegetable stock cube

1 tsp olive oil

350 ml boiling water

50 ml semi-skimmed milk

Black pepper

METHOD

1. Cut the root and the tough dark green top off the leek. Slice it in half lengthways and rinse it well under cold running water, because soil hides between the layers. Slice it thinly.
2. Peel the potatoes and cut them into 2 cm cubes.
3. Heat the oil in a saucepan over a low to medium heat. Add the leek and a splash of water, cover, and cook for 8 minutes, stirring now and then, until it is soft but not brown.
4. Add the potatoes, crumble in the stock cube and pour in the boiling water. Bring to a simmer, cover, and cook for 15 minutes, until a knife slips easily into the potato.
5. Blend the soup with a stick blender until smooth. Or mash it roughly with a potato masher for a chunkier soup.
6. Stir in the milk and heat it through for 1 minute without boiling. Season with a lot of black pepper and taste before adding salt.

WHY IT IS A HEALTHY LUNCH

Traditional versions use a lot of butter and cream. This one gets its creaminess from the potato itself, so it is thick and smooth with very little fat, and the leeks provide fibre.

SWAPS

A handful of spinach stirred in at the end for green flecks. A spoonful of Greek yoghurt on top. Eat it cold with chives for vichyssoise, its French cousin.

[Shopping list for this recipe](#)

Dinner

DINNER · CHICKEN

Lemon and Herb Roast Chicken with Potatoes and Green Beans

15 minutes prep

40 minutes roasting

Makes 2 portions of chicken

1 tray plus a pan

INGREDIENTS (2 PORTIONS OF CHICKEN; POTATOES AND BEANS FOR TONIGHT ONLY)

300 g skinless chicken breast fillets (2 fillets) or boneless skinless thighs

200 g potatoes (tonight's portion only)

100 g green beans (tonight's portion only)

1 lemon

1 clove garlic

1 tsp dried thyme

1 tbsp olive oil

Salt and black pepper

METHOD

1. Heat the oven to 200°C (180°C fan, gas mark 6). Scrub the potatoes (peel them if you prefer) and cut them into 2 cm chunks. Peel and crush the garlic.
2. Grate the zest of the lemon into a bowl, then squeeze half the lemon into the bowl. Cut the other half into wedges for serving. Add the garlic, thyme, 2 tsp of the oil, a pinch of salt and some pepper.
3. Put the chicken in the bowl and turn it until it is coated. Cut each fillet in half horizontally if it is thicker than 3 cm, so it cooks evenly and stays juicy. Wash your hands, the board and the knife.
4. Toss the potatoes on a large baking tray with the remaining oil and a pinch of salt. Roast them for 10 minutes on the top shelf.
5. Take the tray out, push the potatoes to one side, and add the chicken. Roast for a further 25 minutes, turning the potatoes once, until the potatoes are golden and the chicken is cooked.
6. Cut into the thickest piece of chicken. It must be white all the way through with no pink, and the juices must run clear. If not, give it 5 more minutes.

7. While the chicken roasts, trim the beans and cook them in boiling water for 4 to 5 minutes until just tender. Drain.
8. Rest the chicken for 3 minutes. Serve one fillet with the potatoes, the beans and the lemon wedges.

SAVING THE SECOND PORTION

Put the second fillet on a clean plate to cool, then cover it and put it in the fridge within an hour or two. Eat it cold within 2 days, sliced into a sandwich or on a salad. If you reheat it, make sure it is steaming hot all the way through, and only do it once.

WHY IT IS A HEALTHY DINNER

Skinless chicken breast is lean, and the lemon, garlic and thyme give a lot of flavour without gravy or added fat. Cooking two fillets at once means tomorrow's lunch is already done and the oven is only used once.

SWAPS

Rosemary in place of the thyme. Swap the green beans for broccoli or peas. Use carrots or parsnips chopped into the tray with the potatoes. A whole small chicken is also a good roast, but takes about 1 hour 20 minutes and needs more care.

[Shopping list for this recipe](#)

THAT IS THE WEEK

You have cooked your way round Italy, Mexico, India, Korea, Spain, Turkey and Britain. Chapter 8 is the combined shopping list for the whole week, with the freezing and defrosting schedule and a note on what to do with leftovers.

Meal Plan 2: Around the World

Chapter 8 · Weekly shopping list

How to use this list. It merges the shopping lists of all 21 recipes from Monday to Sunday, so you can shop once. Amounts are totals for the week, and the last column says where each item is used. Check the cupboard section before you go, because oil, salt and spices are probably already at home. Every recipe is for one portion except Monday's meatballs and Sunday's roast chicken, which make two. Each recipe page still has its own list.

DOWNLOAD

A plain-text copy of this whole list is here: [Weekly shopping list \(text file\)](#)

Meat and fish

ITEM	BUY	USED IN
Lean beef mince (5% fat)	1 pack, 500 g	Mon 300 g (meatballs, 2 portions), Sat 150 g (kofta). 50 g spare
Lean beef steak (sirloin or rump)	150 g	Thu (bulgogi bowl)
Skinless chicken breast fillets	3 fillets, about 450 g	Tue 1 (fajitas), Sun 2 (roast, 2 portions)
Cod fillet, skinless	1 fillet, about 150 g	Fri (Basque-style cod)

Fruit and vegetables

ITEM	BUY	USED IN
Onions (brown)	4	Mon 2 (soup, meatballs), Wed 3/4, Fri 1, Sat 1/4

ITEM	BUY	USED IN
Red onion	1 small	Tue 3/4 (lunch, fajitas), Sat 1/4 (bulgur salad)
Spring onions	1 bunch (3 needed)	Thu (fried rice 2, bulgogi bowl 1)
Garlic	1 head (9 cloves)	Mon 3, Wed 1, Thu 2, Fri 1, Sat 1, Sun 1
Fresh root ginger	1 small piece (2 cm)	Wed 1 cm (dal), Thu 1 cm (bulgogi)
Tomatoes	8	Tue 1, Wed 3, Fri 1, Sat 2, Sun 1
Red peppers	3	Tue 1 (fajitas), Fri 1 (cod), Sat 1/2 + 1/2 (menemen, bulgur salad)
Cucumber	1	Sat: 1/2 (salad), 1/4 (tzatziki), 1/4 (dinner salad)
Carrots	2	Mon (soup), Thu (bulgogi bowl)
Baby spinach	1 bag, at least 130 g	Mon 40 g, Thu 50 g, Fri 40 g (or salad leaves)
Leek	1 medium	Sun (soup)
Potatoes (waxy, such as baby or new)	1 bag, about 750 g	Fri 300 g, Sun 350 g
Green beans	100 g	Sun (roast chicken)
Avocado	1 small	Fri (toast). Buy it a few days ahead so it is ripe
Apple	1	Thu (overnight oats)
Lemons	2	Sat 1 (half each in salad and dinner), Sun 1
Lime	1	Tue (half in lunch, half in fajitas)
Fresh flat-leaf parsley	1 bunch or pot	Sat (bulgur salad, kofta, salad)
Mixed berries	1 small punnet, 80 g (or use frozen)	Mon (breakfast)
Dairy and eggs		
ITEM	BUY	USED IN
Eggs	1 box of 10	10 needed: Tue 2, Wed 2, Thu 2, Fri 2, Sat 2

ITEM	BUY	USED IN
Plain Greek-style yoghurt	1 pot, 500 g	Tue 40 g, Wed 150 g, Thu 50 g, Sat 80 g. About 180 g spare
Ricotta	1 small tub, 250 g	Mon 60 g (breakfast). Most of the tub is spare
Semi-skimmed milk	500 ml	Thu 100 ml, Sun 50 ml

Bread and bakery

ITEM	BUY	USED IN
Wholemeal bread	1 small loaf	10 slices: Mon, Wed, Fri, Sat and Sun, 2 each
Wholemeal tortilla wraps	1 pack	Tue: 1 large (breakfast), 2 small (fajitas)
Wholemeal pitta bread	1 pack	Sat (1 pitta). Freeze the rest

Frozen

ITEM	BUY	USED IN
Mango chunks	1 small bag, 120 g or more	Wed (breakfast)
Sweetcorn	1 small bag, 80 g or more	Tue (lunch)
Peas	1 small bag, 60 g or more	Thu (fried rice)

Tins, jars and bottles

ITEM	BUY	USED IN
Chopped tomatoes (400 g tin)	2 tins	Mon 1 (meatballs), Fri half and Sat half (one tin)
Cannellini beans (400 g tin)	1 tin	Mon (soup)
Black beans (400 g tin)	1 tin	Tue 100 g (breakfast) and 140 g (lunch)

ITEM	BUY	USED IN
Baked beans, reduced sugar and salt (400 g tin)	1 tin	Sun 200 g (breakfast). The other half is spare
Reduced-salt soy sauce	1 small bottle	Thu 2.5 tbsp
Honey	1 small jar	Mon 1 tsp (optional), Thu 1 tsp

Dry goods

ITEM	BUY	USED IN
Wholewheat spaghetti	1 pack	Mon 75 g
Brown basmati rice	1 bag	240 g: Tue 60 g, Wed 120 g (half for Thu lunch), Thu 60 g
Red split lentils	1 small bag	Wed 60 g
Bulgur wheat	1 small bag	Sat 60 g
Porridge oats	1 bag	About 75 g: Mon 2 tbsp, Wed 1 tbsp, Thu 40 g
Walnut pieces	1 small bag	Thu 15 g
Reduced-salt vegetable stock cubes	1 small box	Mon half a cube, Sun half a cube

Cupboard check

You probably have these already. Check the amounts, then add to the trolley whatever has run out.

- **Olive oil:** about 29 tsp (10 tbsp, 145 ml) over the week
- **Salt and black pepper:** used in most recipes
- **Ground cumin:** 3.5 tsp (Tue, Wed, Sat)

- **Smoked paprika:** 3.5 tsp (Tue, Fri, Sat)
- **Ground turmeric:** 3/4 tsp (Wed). May be new
- **Garam masala:** 1 tsp (Wed). May be new
- **Dried oregano:** 1 tsp (Mon)
- **Dried thyme:** 1.5 tsp (Mon, Sun)
- **Ground cinnamon:** 1/4 tsp (Thu)
- **Dried mint:** 1/2 tsp (Sat). Optional

Equipment

- A coarse grater (Mon, Thu, Fri, Sat)
- A microwave-safe bowl and a plate (Fri)
- A non-stick frying pan, about 18 cm, and a large frying pan with a lid (Tue, Fri, Sat)
- A baking tray and a grill (Fri, Sun)
- A jar or bowl with a lid for overnight oats (Wed night)
- A stick blender (Sun, optional, a masher works)
- 2 or 3 shallow containers with lids and a few freezer bags (batch portions and leftovers)

If you shop once: freeze and defrost

Raw meat and fish should not wait several days in the fridge, so buy them on your shopping day, freeze them at once, and take each one out the evening before you cook it. Defrost on a plate on the bottom shelf of the fridge, never on the worktop. Check the use-by date on the pack: if it falls before the day you need the item, freeze it. Do not refreeze raw meat that has defrosted.

ITEM	COOK ON	TAKE OUT OF THE FREEZER
Chicken breast (1 fillet)	Tue	Mon evening
Beef steak	Thu	Wed evening
Cod fillet	Fri	Thu evening
Beef mince (150 g, frozen on Monday)	Sat	Fri evening

ITEM	COOK ON	TAKE OUT OF THE FREEZER
Chicken breast (2 fillets)	Sun	Sat evening

SPLITTING THE MINCE

Buy one 500 g pack. Weigh out 150 g for Saturday's kofta and wrap and freeze it straight away. Use 300 g on Monday for the meatballs. That leaves about 50 g spare, which you can add to the meatballs or freeze. If you would rather not freeze it, buy 150 g of fresh mince on Saturday instead and buy only 300 g on your first trip.

Using up leftovers

- Second portion of meatballs and sauce (Monday): already in the freezer, use within 3 months and defrost overnight in the fridge.
- Ricotta (most of the tub): use by the date on the tub or within 3 days of opening. Good on toast or in scrambled eggs.
- Greek yoghurt (about 180 g): use by the date on the pot, on fruit or as a topping for soups and curries.
- Half a tin of baked beans (Sunday): keep in a covered container and eat within 2 days.
- Second roast chicken fillet (Sunday): eat cold within 2 days in a sandwich or salad.
- Spare bread, wraps and pitta: freeze in a bag and take out what you need.

THAT COMPLETES MEAL PLAN 2

Seven cuisines, three beef dinners (Monday, Thursday, Saturday), a fish dinner on Friday, a vegetarian dinner on Wednesday, and a shopping list to match. Swap any recipe that does not suit you, and note what you would change before the next plan.