

Healthy Recipe Plan

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Meal Planner

Slow Cooked Vegetable Lasagne

Week: _____

Day: _____

Ingredients:

- 1 tbsp rapeseed oil
- 2 onions, sliced
- 2 large garlic cloves, chopped
- 2 large courgettes, diced (400g)
- 1 red and 1 yellow pepper, deseeded and roughly sliced
- 400g can chopped tomatoes
- 2 tbsp tomato purée
- 2 tsp vegetable bouillon
- 15g fresh basil, chopped plus a few leaves
- 1 large aubergine, sliced
- 6 wholewheat lasagne sheets (105g)
- 125g vegetarian buffalo mozzarella, chopped

Method:

Step 1

- Heat 1 tbsp rapeseed oil in a large non-stick pan and fry 2 sliced onions and 2 chopped large garlic cloves for 5 mins, stirring frequently until softened.

Step 2

- Tip in 2 diced large courgettes, 1 red and 1 yellow pepper, both roughly sliced, and 400g chopped tomatoes with 2 tbsp tomato purée, 2 tsp vegetable bouillon and 15g chopped basil.

Step 3

- Stir well, cover and cook for 5 mins. Don't be tempted to add more liquid as plenty of moisture will come from the vegetables once they start cooking.

Step 4

- Slice 1 large aubergine. Lay half the slices of aubergine in the base of the slow cooker and top with 3 sheets of lasagne.

Step 5

- Add a third of the ratatouille mixture, then the remaining aubergine slices, 3 more lasagne sheets, then the remaining ratatouille mixture.

Step 6

- Cover and cook on High for 2½ - 3 hours until the pasta and vegetables are tender. Turn off the machine.

Step 7

- Scatter 125g vegetarian buffalo mozzarella over the vegetables then cover and leave for 10 mins to settle and melt the cheese.

Step 8

- Scatter with extra basil and serve with a handful of rocket.

Taste Score:



Meal Planner

Garlicky Mushroom Penne

Week: _____

Day: _____

Ingredients:

- 210g can chickpeas, no need to drain
- 1 tbsp lemon juice
- 1 large garlic clove
- 1 tsp vegetable bouillon
- 2 tsp tahini
- ¼ tsp ground coriander
- 115g wholemeal penne
- 2 tsp rapeseed oil
- 2 red onions, halved and sliced
- 200g closed cup mushrooms, roughly chopped
- ½ lemon, juiced
- generous handful chopped parsley

Method:

Step 1

- To make the hummus, tip a 210g can chickpeas with the liquid into a bowl and add 1 tbsp lemon juice, 1 large garlic clove, 1 tsp vegetable bouillon, 2 tsp tahini and ¼ tsp ground coriander.

Step 2

- Blitz to a wet paste with a hand blender, still retaining some texture from the chickpeas.

Step 3

- Cook 115g wholemeal penne pasta according to the pack instructions.

Step 4

- Meanwhile, heat 2 tsp rapeseed oil in a non-stick wok or large frying pan and add 2 halved and sliced red onions and 200g roughly chopped closed cup mushrooms, stirring frequently until softened and starting to caramelize.

Step 5

- Toss together lightly, squeeze over the juice of ½ a lemon and serve, adding a dash of water to loosen the mixture a little if needed. Scatter with a generous handful of chopped parsley.

Taste Score:



Meal Planner

Week: _____

Chipotle Chicken Wraps

Day: _____

Ingredients:

- 1 tbsp vegetable oil
- 1 onion, finely sliced
- 1 garlic clove
- 2 chicken breasts, sliced into strips
- 2 tbsp chipotle paste
- 400g can chopped tomatoes
- 400g can black beans, drained
- 4 large corn or flour tortilla wraps
- ½ avocado, stoned, peeled and sliced
- ½ Baby Gem lettuce, shredded
- 1 lime, halved

Method:

Step 1

- Heat the oil in a frying pan over a low-medium heat. Toss in the onion and cook for 10 mins until softened. Crush in the garlic and stir for 1 min before adding the chicken. Turn up the heat and brown the chicken all over. Spoon over the chipotle and stir to coat for 1 min. Pour in the tomatoes and bring to the boil. Season well and reduce the heat to a gentle simmer.

Step 2

- Cook for 5-6 mins or until the chicken is cooked through and any excess liquid has evaporated. Stir the beans through until warmed, then remove from the heat. Warm the wraps following pack instructions.

Step 3

- Divide the mix between the wraps, top with the avocado and shredded lettuce, and squeeze over the lime. Roll up and cut in half before serving.

Taste Score:



Meal Planner

Rustic Vegetable Soup

Week: _____

Day: _____

Ingredients:

- 1 tbsp rapeseed oil
- 1 large onion, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 50g dried red lentils
- 1½ l boiling vegetable bouillon (we used Marigold)
- 2 tbsp tomato purée
- 1 tbsp chopped fresh thyme
- 1 leek, finely sliced
- 175g bite-sized cauliflower florets
- 3 garlic cloves, finely chopped
- ½ large Savoy cabbage, stalks removed and leaves chopped
- 1 tbsp basil, chopped
- 1 courgette, chopped

Method:

Step 1

- Heat the oil in a large pan with a lid. Add the onion, carrots and celery and fry for 10 mins, stirring from time to time until they are starting to colour a little around the edges. Stir in the lentils and cook for 1 min more.

Step 2

- Pour in the hot bouillon, add the tomato purée and thyme and stir well. Add the leek, cauliflower, courgette, and garlic, bring to the boil, then cover and leave to simmer for 15 mins.

Step 3

- Add the cabbage and basil and cook for 5 mins more until the veg is just tender. Season with pepper, ladle into bowls and serve. *Will keep in the fridge for a couple of days. Freezes well. Thaw, then reheat in a pan until piping hot.*

Taste Score:



Meal Planner

Super-Healthy Salmon Burgers

Week: _____

Day: _____

Ingredients:

- 4 boneless, skinless salmon fillets, about 550g/1lb 4oz in total, cut into chunks
- 2 tbsp Thai red curry paste
- thumb-size piece fresh root ginger, grated
- 1 bunch coriander, half chopped, half leaves picked
- 1 tsp vegetable oil
- lemon wedges, to serve
- 1 tsp soy sauce
- 2 carrots
- half large or 1 small cucumber
- 2 tbsp white wine vinegar
- 1 tsp golden caster sugar

Method:

Step 1

- Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out the mix and shape into 4 burgers. Heat the oil in a non-stick frying pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through.

Step 2

- Meanwhile, use a swivel peeler to peel strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves. Divide the salad between 4 plates. Serve with the burgers and rice.

Taste Score:



Meal Planner

Super-Healthy Pizza

Week: _____

Day: _____

Ingredients:

- 100g each strong white and strong wholewheat flour
- 1 tsp or 7g sachet easy-blend dried yeast
- 125ml warm water
- 200g can chopped tomato , juice drained
- handful cherry tomatoes , halved
- 1 large courgette , thinly sliced using a peeler
- 25g mozzarella , torn into pieces
- 1 tsp capers in brine, drained
- 8 green olives , roughly chopped
- 1 garlic clove , finely chopped
- 1 tbsp olive oil
- 2 tbsp chopped parsley , to serve

Method:

Step 1

- Mix the flours and yeast with a pinch of salt in a food processor fitted with a dough blade. Pour in the water and mix to a soft dough, then work for 1 min. Remove the dough and roll out on a lightly floured surface to a round about 30cm across. Lift onto an oiled baking sheet.

Step 2

- Spread the canned tomatoes over the dough to within 2cm of the edges. Arrange the cherry tomatoes and courgettes over the top, then scatter with the mozzarella. Mix the capers, olives and garlic, then scatter over the top. Drizzle evenly with the oil. Leave to rise for 20 mins. Heat oven to 240C/ fan 220C/gas 9 or the highest setting.

Step 3

- Bake the pizza for 10-12 mins until crisp and golden around the edges. Scatter with the parsley to serve.

Taste Score:



Meal Planner

Week: _____

Creamy Linguine with ham, lemon & basil

Day: _____

Ingredients:

- 400g linguine or spaghetti
- 90g pack prosciutto
- 1 tbsp olive oil
- juice 1 lemon
- 2 egg yolks
- 3 tbsp crème fraîche
- large handful basil leaves
- large handful grated parmesan , plus extra to serve, if you like

Method:

Step 1

- Cook the linguine. Meanwhile, tear the ham into small pieces and fry in the olive oil until golden and crisp.

Step 2

- Drain the pasta, reserving a little of the cooking water, then return to the pan. Tip in the cooked ham. Mix together the lemon juice, egg yolks and crème fraîche, then add this to the pan along with the basil and Parmesan. Mix in with tongs, adding a little of the cooking water, if needed, to make a creamy sauce that coats the pasta. Serve with extra Parmesan grated over the top, if you like.

Taste Score:



Meal Planner

Trout with creamy potato salad

Week: _____

Day: _____

Ingredients:

- 250g waxy potato, such as Charlotte, peeled if you like and halved
- 4 tsp natural yogurt
- 4 tsp mayonnaise
- 1 lemon, ½ zested
- 1 tbsp small capers, rinsed
- 4 small gherkins or cornichons, sliced
- 2 spring onions, finely sliced
- ¼ cucumber, diced
- 2 trout fillets

Method:

Step 1

- Boil the potatoes in salted water for 15 mins until just tender. Drain and rinse under cold water to cool, then drain again. Heat the grill.

Step 2

- Meanwhile, mix together the yogurt and mayonnaise, then season with a good squeeze of lemon. Gently stir into the potatoes with the capers, gherkins, most of the spring onion and cucumber.

Step 3

- Season the trout, then grill on a baking sheet, skin-side down, for 3-4 mins depending on thickness, until just cooked. Scatter with lemon zest and serve with the potato salad, scattered with remaining spring onions. Cut the remaining lemon half into wedges for squeezing over.

Taste Score:



Meal Planner

Week: _____

Healthy Fish & Chips with tartare sauce

Day: _____

Ingredients:

- 450g potatoes , peeled and cut into chips
- 1 tbsp olive oil , plus a little extra for brushing
- 1 tbsp capers, chopped
- 2 heaped tbsp 0% Greek yogurt
- lemon wedge, to serve

Method:

Step 1

- Heat oven to 200C/fan 180C/gas 6. Toss chips in oil. Spread over a baking sheet in an even layer, bake for 40 mins until browned and crisp. Put the fish in a shallow dish, brush lightly with oil, salt and pepper. Sprinkle with half the lemon juice, bake for 12-15 mins. After 10 mins sprinkle over a little parsley and lemon zest to finish cooking.

Step 2

- Meanwhile, mix the capers, yogurt, remaining parsley and lemon juice together, set aside and season if you wish. To serve, divide the chips between plates, lift the fish onto the plates and serve with a spoonful of yogurt mix.

Taste Score:



Meal Planner

Week: _____

Healthy Tikka Masala

Day: _____

Ingredients:

- 1 large onion, chopped
- 4 large garlic cloves
- thumb-sized piece of ginger
- 2 tbsp rapeseed oil
- 4 small skinless chicken breasts, cut into chunks
- 2 tbsp tikka spice powder
- 1 tsp cayenne pepper
- 400g can chopped tomatoes
- 40g ground almonds
- 200g spinach
- 3 tbsp fat-free natural yogurt
- ½ small bunch of coriander, chopped
- brown basmati rice, to serve

Method:

Step 1

- Put the onion, garlic and ginger in a food processor and whizz to a smooth paste.

Step 2

- Heat 1 tbsp of the oil in a flameproof casserole dish over a medium heat. Add the onion mixture and fry for 15 mins. Tip into a bowl and wipe out the pan.

Step 3

- Add the remaining oil and the chicken and fry for 5-7 mins, or until lightly brown. Stir in the tikka spice and cayenne and fry for a further minute. Tip the onion mixture back into the pan, along with the tomatoes and 1 can full of water. Bring to the boil, then reduce to a simmer and cook, uncovered, for 15 mins. Stir in the almonds and spinach and cook for a further 10 mins. Season, then stir through the yogurt and coriander. Serve with brown rice.

Taste Score:



Healthy Fish Pie

Ingredients:

- 500g floury potato, cut into chunks
- 1 medium swede (weighing about 600g/1lb 5oz), cut into chunks
- 150ml vegetable stock
- 200g tub low-fat soft cheese with garlic and herbs
- 4 tsp cornflour, blended with 2 tbsp cold water
- 650g skinless, boneless cod, cut into large chunks
- 100g cooked peeled prawn
- 1 tsp chopped fresh parsley

Method:

Step 1

- Cook the potatoes and swede in boiling water until tender (about 20 minutes).

Step 2

- Preheat the oven to 190C/gas 5/fan 170C. While the potatoes and swede cook, put the soft cheese and stock into a large saucepan and heat gently, stirring with a wooden spoon, until blended and smooth. Now add the blended cornflour and cook until thick.

Step 3

- Stir the fish into the sauce with the prawns and parsley. Season with some pepper.

Step 4

- Tip the mixture into a 1.5 litre/2¾ pint baking dish. Drain the potatoes and swede, mash them well and season with black pepper. Spoon the mash over the fish to cover it completely. Bake for 25-30 minutes until piping hot, then transfer to a hot grill for a few minutes to brown the top. Serve with frozen peas or sweetcorn.

Taste Score:



Week: _____

Meal Planner

Veggie Carbonara

Day: _____

Ingredients:

- 4 medium courgettes (use a mix of yellow and green if you can get them)
- 300g spaghetti
- 3 large egg yolks
- 160g vegetarian parmesan-style cheese
- 1 tbsp olive oil
- small bunch fresh lemon thyme or thyme, leaves picked
- 200g chestnut mushrooms, roughly chopped
- 4 garlic cloves, crushed
- small bunch flat-leaf parsley, chopped (optional)
- ½ lemon, zested and juiced

Method:

Step 1

- Put a large pan of salted water on to boil. Halve the courgettes lengthways and scoop out and discard the core, then slice the courgettes at an angle into small diagonal pieces. Put the spaghetti in the pan of boiling water and cook following pack instructions.

Step 2

- To make the creamy carbonara sauce, put the egg yolks in a bowl, add half of the grated cheese, and mix with a fork. Add up to 3 tbsp water to make the sauce less thick. Season and set aside.

Step 3

- Heat a large frying pan on a medium to high heat and pour in a little olive oil. Fry the courgette slices and thyme leaves with a good grinding of black pepper for a minute or two until the courgette starts to soften, then add the mushrooms. Fry for 2-3 mins until golden and slightly softened. For the last minute of the cooking, add the garlic.

Step 4

- Working quickly, drain the pasta, reserving a little of the cooking water. Toss the pasta in the pan with the courgettes and mushrooms, then remove from the heat and add a ladleful of the reserved cooking water and the egg and cheese sauce. Add the fresh parsley, if using, and the lemon zest and juice, then sprinkle over most of the remaining cheese. Stir everything together quickly to coat the pasta. The egg will cook if the pasta is still hot. If you're worried about it, put back on the heat for 1 min.

Step 5

- Pour in a little more of the cooking water, if needed. You should have a silky and shiny sauce. Season to taste, then sprinkle with a little more cheese to serve. Eat straight away, as the sauce can become thick and stodgy if left for too long.

Taste Score:



Meal Planner

Chicken Piccata with garlicky greens & new potatoes

Week: _____

Day: _____

Ingredients:

- 200g new potatoes, halved or quartered
- 300g green beans, trimmed
- 200g spring greens, shredded
- 2 skinless chicken breasts
- 3 tsp olive oil
- 100ml chicken stock or water
- 1 tbsp drained capers
- 1 lemon, zested and juiced
- 2 small garlic cloves, sliced
- 1 tbsp grated parmesan

Method:

Step 1

- Cook the new potatoes in a large pan of boiling salted water for 8-10 mins until tender. Add the green beans and spring greens for the last 3 mins. Drain, then separate the greens from the potatoes.

Step 2

- While the potatoes are cooking, cut the chicken breasts through the centre lengthways, leaving one side attached so it opens out like a book. Brush each one with 1 tsp of the olive oil, then season.

Step 3

- Heat a large frying pan over a medium-high heat and cook the chicken for 4 mins on each side until golden. Pour over the stock, capers, lemon juice and zest, then simmer gently for a few minutes to reduce. Add the cooked potatoes and simmer for another minute.

Step 4

- Heat the remaining 1 tsp oil in another frying pan and fry the garlic for 1 min until lightly golden and fragrant. Tip in the drained greens, and toss in the garlicky oil. Season, then scatter over the parmesan and serve with the chicken and potatoes.

Taste Score:



Meal Planner

Week: _____

Lemony Prawn & Courgette Tagliatelle

Day: _____

Ingredients:

- 2 tbsp olive oil
- 2 courgettes (about 500g), trimmed and coarsely grated
- 1 large garlic clove, finely grated
- 1 small red chilli, finely chopped
- 180g tagliatelle
- 150g raw king prawns, peeled and deveined
- 1 lemon, zested and juiced
- ½ small bunch of parsley, finely chopped

Method:

Step 1

- Heat the oil in a frying pan and fry the courgette for 4-5 mins, then stir through the garlic and chilli.

Step 2

- Cook the tagliatelle following pack instructions. Drain, reserving some of the cooking water.

Step 3

- Add the prawns to the courgette mixture, and cook for 2 mins until pink. Toss through the tagliatelle, the lemon zest and juice, parsley, some seasoning and a splash of the reserved cooking water. Divide between bowls and serve.

Taste Score:



Meal Planner

Spiced Salmon & Tomato Traybake

Week: _____

Day: _____

Ingredients:

- 1 red onion, sliced
- 200g cherry tomatoes
- 3 tbsp mild or madras curry paste
- 400g can chickpeas, drained and rinsed
- 2 skinless salmon fillets
- 1 large or 2 small naan breads
- 2 tbsp fat-free yogurt
- lemon wedges and a few coriander leaves, to serve (optional)

Method:

Step 1

- Heat the oven to 200C/180C fan/gas 6. Toss the onion, tomatoes, 2 tbsp curry paste, the chickpeas and 200ml water together in a deep 20 x 25cm roasting tin. Roast for 15 mins until the onions are tender and the tomatoes are just bursting.

Step 2

- Stir everything, then season. Brush the remaining curry paste over the salmon fillets and season. Nestle the salmon into the veg in the tin and roast for another 8-10 mins, or until cooked to your liking.

Step 3

- Meanwhile, warm the naan breads – you can do this by putting them directly on the oven rack below the roasting tin. Cut the warmed naan breads into wedges. Swirl the yogurt into the veg in the tin, then serve with the naan wedges for dunking, a few coriander leaves sprinkled over, if you like, and the lemon wedges, if using, for squeezing over.

Taste Score:



Meal Planner

Broccoli Pesto & Pancetta Pasta

Week: _____

Day: _____

Ingredients:

- 300g head broccoli, broken into florets
- 300g pasta (we used orecchiette)
- 1 tbsp pine nuts
- 1 large bunch of basil
- 1 large garlic clove
- 2 tbsp parmesan, finely grated
- 1 tbsp olive oil
- 50g smoked pancetta, diced
- 200g cherry tomatoes, halved

Method:

Step 1

- Bring a pan of lightly salted water to the boil. Add the broccoli and boil for 5 mins. Scoop out with a slotted spoon and set aside.

Step 2

- Put the pasta in the same pan and cook following pack instructions. Meanwhile, tip the broccoli into a food processor with the pine nuts, basil, garlic, parmesan and oil, and blitz until smooth. Season with black pepper and a little salt (the pancetta is very salty).

Step 3

- Set a frying pan over a medium heat and cook the pancetta for 2 mins. Add the tomatoes and cook for 3 mins, or until softened. Toss the pasta with the broccoli pesto, tomatoes and pancetta, and loosen with a splash of pasta water, if needed. Spoon into bowls and serve.

Taste Score:



Meal Planner

Week: _____

Curried Cod

Day: _____

Ingredients:

- 1 tbsp oil
- 1 onion, chopped
- 2 tbsp medium curry powder
- thumb-sized piece ginger, peeled and finely grated
- 3 garlic cloves, crushed
- 2 x 400g cans chopped tomatoes
- 400g can chickpeas
- 4 cod fillets (about 125-150g each)
- zest 1 lemon, then cut into wedges
- handful coriander, roughly chopped

Method:

Step 1

- Heat the oil in a large, lidded frying pan. Cook the onion over a high heat for a few mins, then stir in the curry powder, ginger and garlic. Cook for another 1-2 mins until fragrant, then stir in the tomatoes, chickpeas and some seasoning.

Step 2

- Cook for 8-10 mins until thickened slightly, then top with the cod. Cover and cook for another 5-10 mins until the fish is cooked through. Scatter over the lemon zest and coriander, then serve with the lemon wedges to squeeze over.

Taste Score:



Hearty Pasta Soup

Ingredients:

- 1 tbsp olive oil
- 2 carrots, chopped
- 1 large onion, finely chopped
- 1l vegetable stock
- 400g can chopped tomato
- 200g frozen mixed peas and beans
- 250g pack fresh filled tortellini (we used spinach and ricotta)
- handful of basil leaves (optional)
- grated parmesan (or vegetarian alternative), to serve

Method:

Step 1

- Heat oil in a pan. Fry the carrots and onion for 5 mins until starting to soften. Add the stock and tomatoes, then simmer for 10 mins. Add the peas and beans with 5 mins to go.

Step 2

- Once veg is tender, stir in the pasta. Return to the boil and simmer for 2 mins until the pasta is just cooked. Stir in the basil, if using. Season, then serve in bowls topped with a sprinkling of Parmesan and slices of garlic bread.

Taste Score:



Meal Planner

Week: _____

Chicken & Chorizo Jambalaya

Day: _____

Ingredients:

- 1 tbsp olive oil
- 2 chicken breasts, chopped
- 1 onion, diced
- 1 red pepper, thinly sliced
- 2 garlic cloves, crushed
- 75g chorizo, sliced
- 1 tbsp Cajun seasoning
- 250g long grain rice
- 400g can plum tomato
- 350ml chicken stock

Method:

Step 1

- Heat 1 tbsp olive oil in a large frying pan with a lid and brown 2 chopped chicken breasts for 5-8 mins until golden.

Step 2

- Remove and set aside. Tip in the 1 diced onion and cook for 3-4 mins until soft.

Step 3

- Add 1 thinly sliced red pepper, 2 crushed garlic cloves, 75g sliced chorizo and 1 tbsp Cajun seasoning, and cook for 5 mins more.

Step 4

- Stir the chicken back in with 250g long grain rice, add the 400g can of tomatoes and 350ml chicken stock. Cover and simmer for 20-25 mins until the rice is tender.

Taste Score:



Meal Planner

Prawn & Salmon Burgers with spicy mayo

Week: _____

Day: _____

Ingredients:

- 180g pack peeled raw prawns, roughly chopped
- 4 skinless salmon fillets, chopped into small chunks
- 3 spring onions, roughly chopped
- 1 lemon, zested and juiced
- small pack coriander
- 60g mayonnaise or Greek yogurt
- 4 tsp chilli sauce (we used sriracha)
- 1 cucumber, peeled into ribbons
- 1 tbsp olive oil
- 4 seeded burger buns, toasted, to serve

Method:

Step 1

- Briefly blitz half the prawns, half the salmon, the spring onions, lemon zest and half the coriander in a food processor until it forms a coarse paste. Tip into a bowl, stir in the rest of the prawns and salmon, season well and shape into four burgers. Chill for 10 mins.

Step 2

- Mix the mayo and chilli sauce together in a small bowl, season and add some lemon juice to taste. Mix the lettuce with the cucumber, dress with a little of the remaining lemon juice and 1 tsp olive oil, then set aside.

Step 3

- Heat the remaining oil in a large frying pan and fry the burgers for 3-4 mins each side or until they have a nice crust and the fish is cooked through. Serve with the salad on the side or in toasted burger buns, if you like, with a good dollop of the spicy mayo.

Taste Score:



Meal Planner

Chilli Prawn Linguine

Week: _____

Day: _____

Ingredients:

- 280g linguine pasta
- 200g sugar snap peas, trimmed
- 2 tbsp olive oil
- 2 large garlic cloves, finely chopped
- 1 large red chilli, deseeded and finely chopped
- 24 raw king prawns, peeled
- 12 cherry tomatoes, halved
- a handful of fresh basil leaves
- mixed salad leaves and crusty white bread, to serve
- 2 tbsp virtually fat-free fromage frais
- grated zest and juice of 2 limes
- 2 tsp golden caster sugar

Method:

Step 1

- To make the dressing, mix 2 tbsp virtually fat-free fromage frais, the grated zest and juice of 2 limes and 2 tsp golden caster sugar in a small bowl and season with salt and pepper. Set aside.

Step 2

- Cook 280g linguine pasta according to the packet instructions. Add 200g trimmed sugar snap peas for the last minute or so of cooking time.

Step 3

- Meanwhile, heat 2 tbsp olive oil in a wok or big frying pan, toss in 2 finely chopped large garlic cloves and 1 deseeded and finely chopped large red chilli and cook over a fairly gentle heat for about 30 seconds without letting the garlic brown.

Step 4

- Tip in 24 peeled raw king prawns and cook over a high heat, stirring frequently, for about 3 minutes until they turn pink.

Step 5

- Add 12 halved cherry tomatoes and cook, stirring occasionally, for 3 minutes until they just start to soften.

Step 6

- Drain the linguine pasta and sugar snap peas well, then toss into the prawn mixture.

Step 7

- Tear in a handful of basil leaves, stir, and season with salt and pepper.

Step 8

- Serve with mixed salad leaves drizzled with the lime dressing, and warm crusty white bread.

Taste Score:



Meal Planner

Easy Butter Chicken

Ingredients:

- 500g skinless boneless chicken thighs
- 1 lemon, juiced
- 2 tsp ground cumin
- 2 tsp paprika
- 1-2 tsp hot chilli powder
- 200g natural yogurt
- 2 tbsp vegetable oil
- 1 large onion, chopped
- 3 garlic cloves, crushed
- 1 green chilli, deseeded and finely chopped (optional)
- thumb-sized piece ginger, grated
- 1 tsp garam masala
- 2 tsp ground fenugreek
- 3 tbsp tomato purée
- 300ml chicken stock
- 50g flaked almonds, toasted
- cooked basmati rice
- naan bread
- mango chutney or lime pickle
- fresh coriander
- lime wedges

Method:

Step 1

- To make the dressing, mix 2 tbsp virtually fat-free fromage frais, the grated zest and juice of 2 limes and 2 tsp golden caster sugar in a small bowl and season with salt and pepper. Set aside.

Step 2

- Cook 280g linguine pasta according to the packet instructions. Add 200g trimmed sugar snap peas for the last minute or so of cooking time.

Step 3

- Meanwhile, heat 2 tbsp olive oil in a wok or big frying pan, toss in 2 finely chopped large garlic cloves and 1 deseeded and finely chopped large red chilli and cook over a fairly gentle heat for about 30 seconds without letting the garlic brown.

Step 4

- Tip in 24 peeled raw king prawns and cook over a high heat, stirring frequently, for about 3 minutes until they turn pink.

Step 5

- Add 12 halved cherry tomatoes and cook, stirring occasionally, for 3 minutes until they just start to soften.

Step 6

- Drain the linguine pasta and sugar snap peas well, then toss into the prawn mixture.

Step 7

- Tear in a handful of basil leaves, stir, and season with salt and pepper.

Step 8

- Serve with mixed salad leaves drizzled with the lime dressing, and warm crusty white bread.

Taste Score:



Meal Planner

Salmon Salad with Sesame Dressing

Week: _____

Day: _____

Ingredients:

- 250g new potatoes, sliced
- 160g French beans, trimmed
- 2 wild salmon fillets
- 80g salad leaves
- 4 small clementines, 3 sliced, 1 juiced
- handful of basil, chopped
- handful of coriander, chopped
- 2 tsp sesame oil
- 2 tsp tamari
- ½ lemon, juiced
- 1 red chilli, deseeded and chopped
- 2 tbsp finely chopped onion (¼ small onion)

Method:

Step 1

- Steam the potatoes and beans in a steamer basket set over a pan of boiling water for 8 mins. Arrange the salmon fillets on top and steam for a further 6-8 mins, or until the salmon flakes easily when tested with a fork.

Step 2

- Meanwhile, mix the dressing ingredients together along with the clementine juice. If eating straightaway, divide the salad leaves between two plates and top with the warm potatoes and beans and the clementine slices. Arrange the salmon fillets on top, scatter over the herbs and spoon over the dressing. *If taking to work, prepare the potatoes, beans and salmon the night before, then pack into a rigid airtight container with the salad leaves kept separate. Put the salad elements together and dress just before eating to prevent the leaves from wilting.*

Taste Score:



Meal Planner

Creamy Tomato Courgette

Week: _____

Day: _____

Ingredients:

- 4 slices of Parma ham
- ½ small pack basil
- 350g tomato and mascarpone sauce
- 250g pack courgetti

Method:

Step 1

- Roughly tear the ham and basil. Heat a frying pan over a medium heat and dry-fry the ham until crisp. Transfer to a plate with a slotted spoon. Add the sauce to the pan and cook for 1-2 mins, then toss in the courgetti. Cook for 1 min more until warmed through. Divide between bowls, then top with the ham and basil.

Taste Score:



Meal Planner

Thai Fried Prawn & Pineapple Rice

Week: _____

Day: _____

Ingredients:

- 2 tsp sunflower oil
- bunch spring onions, greens and whites separated, both sliced
- 1 green pepper, deseeded and chopped into small chunks
- 140g pineapple, chopped into bite-sized chunks
- 3 tbsp Thai green curry paste
- 4 tsp light soy sauce, plus extra to serve
- 300g cooked basmati rice (brown, white or a mix - about 140g uncooked rice)
- 2 large eggs, beaten
- 140g frozen peas
- 225g can bamboo shoots, drained
- 250g frozen prawns, cooked or raw
- 2-3 limes, 1 juiced, the rest cut into wedges to serve
- handful coriander leaves (optional)

Method:

Step 1

- Heat the oil in a wok or non-stick frying pan and fry the spring onion whites for 2 mins until softened. Stir in the pepper for 1 min, followed by the pineapple for 1 min more, then stir in the green curry paste and soy sauce.

Step 2

- Add the rice, stir-frying until piping hot, then push the rice to one side of the pan and scramble the eggs on the other side. Stir the peas, bamboo shoots and prawns into the rice and eggs, then heat through for 2 mins until the prawns are hot and the peas tender. Finally, stir in the spring onion greens, lime juice and coriander, if using. Spoon into bowls and serve with extra lime wedges and soy sauce.

Taste Score:



Week: _____

Meal Planner

Vegan Chilli

Day: _____

Ingredients:

- 3 tbsp olive oil
- 2 sweet potatoes, peeled and cut into medium chunks
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 2 garlic cloves, crushed
- 1-2 tsp chilli powder (depending on how hot you like it)
- 1 tsp dried oregano
- 1 tbsp tomato purée
- 1 red pepper, cut into chunks
- 2 x 400g cans chopped tomatoes
- 400g can black beans, drained
- 400g can kidney beans, drained
- lime wedges, guacamole, rice and coriander to serve

Method:

Step 1

- Heat the oven to 200C/180C fan/gas 6. Put the sweet potato in a roasting tin and drizzle over 1½ tbsp oil, 1 tsp smoked paprika and 1 tsp ground cumin. Give everything a good mix so that all the chunks are coated in spices, season with salt and pepper, then roast for 25 mins until cooked.

Step 2

- Meanwhile, heat the remaining oil in a large saucepan over a medium heat. Add the onion, carrot and celery. Cook for 8-10 mins, stirring occasionally until soft, then crush in the garlic and cook for 1 min more. Add the remaining dried spices and tomato purée. Give everything a good mix and cook for 1 min more.

Step 3

- Add the red pepper, chopped tomatoes and 200ml water. Bring the chilli to a boil, then simmer for 20 mins. Tip in the beans and cook for another 10 mins before adding the sweet potato. Season to taste then serve with lime wedges, guacamole, rice and coriander. Will keep, in an airtight container in the freezer, for up to three months.

Taste Score:



Meal Planner

Asparagus & New Potato Frittata

Week: _____

Day: _____

Ingredients:

- 200g new potatoes, quartered
- 100g asparagus tips
- 1 tbsp olive oil
- 1 onion, finely chopped
- 6 eggs, beaten
- 40g cheddar, grated
- rocket or mixed leaves, to serve

Method:

Step 1

- Heat the grill to high. Put the potatoes in a pan of cold salted water and bring to the boil. Once boiling, cook for 4-5 mins until nearly tender, then add the asparagus for a final 1 min. Drain.

Step 2

- Meanwhile, heat the oil in an ovenproof frying pan and add the onion. Cook for about 8 mins until softened.

Step 3

- Mix the eggs with half the cheese in a jug and season well. Pour over the onion in the pan, then scatter over the asparagus and potatoes. Top with the remaining cheese and put under the grill for 5 mins or until golden and cooked through. Cut into wedges and serve from the pan with salad.

Taste Score:



Meal Planner

Week: _____

Courgetti Bolognese

Day: _____

Ingredients:

- 2 large carrots , peeled and diced
 - 150g pack button mushrooms , roughly chopped
 - 1 tbsp tomato purée
 - 2 x 400g cans chopped tomatoes
 - 2 chicken stock cubes
 - 1 tbsp soy sauce
 - 4 large courgettes
 - grated pecorino or parmesan , to serve
 - handful basil leaves
- 2 tbsp olive oil
 - 500g turkey mince (thigh or breast)
 - 1 large onion, finely chopped
 - 1 garlic clove, crushed

Method:

Step 1

- Heat 1 tbsp of the olive oil in a large saucepan and add the turkey mince. Fry until browned, then scoop into a bowl and set aside.

Step 2

- Add the onion to the pan and cook on a low heat for 8-10 mins until tender. Then add the garlic, stirring for 1 min or so, followed by the carrot and the mushrooms, stirring for about 3 mins, until softened. Tip the turkey mince back into the pan, add the tomato purée, give everything a quick stir and tip in the chopped tomatoes. Fill 1 can with water and pour into the pan. Crumble over the chicken stock cubes and bring to the boil. Once boiling, lower the heat and simmer for about 1 hr, until the sauce has thickened and the veg is tender.

Step 3

- When the bolognese is nearly ready, stir through the soy sauce and some seasoning. Spiralize your courgettes on the large noodle attachment. Heat a large frying pan with the remaining 1 tbsp olive oil and add your courgetti. Cook until slightly softened, for 2-3 mins. Season with salt and serve topped with the turkey bolognese, grated pecorino and basil leaves.

Taste Score:



Meal Planner

Greek-Style Roast Fish

Week: _____

Day: _____

Ingredients:

- 5 small potatoes (about 400g), scrubbed and cut into wedges
- 1 onion, halved and sliced
- 2 garlic cloves, roughly chopped
- ½ tsp dried oregano or 1/2 tbsp chopped fresh oregano
- 2 tbsp olive oil
- ½ lemon, cut into wedges
- 2 large tomatoes, cut into wedges
- 2 fresh skinless pollock fillets (about 200g)
- small handful parsley, roughly chopped

Method:

Step 1

- Heat oven to 200C/180C fan/gas 6. Tip the potatoes, onion, garlic, oregano and olive oil into a roasting tin, season, then mix together with your hands to coat everything in the oil. Roast for 15 mins, turn everything over and bake for 15 mins more.

Step 2

- Add the lemon and tomatoes, and roast for 10 mins, then top with the fish fillets and cook for 10 mins more. Serve with parsley scattered over.

Taste Score:



Meal Planner

Week: _____

Chunky Bolognese Soup with penne

Day: _____

Ingredients:

- 2 tsp rapeseed oil
- 3 onions, finely chopped
- 3 large carrots, finely diced
- 2 celery sticks, finely diced
- 3 garlic cloves, finely chopped
- 250g pack 5% fat steak mince
- 500g carton passata
- 1 tbsp vegetable bouillon powder
- 1 tsp smoked paprika
- 4 sprigs fresh thyme
- 100g wholemeal penne
- 45g finely grated parmesan, plus extra to serve

Method:

Step 1

- Heat the oil in a large non-stick pan and fry the onions for a few mins. Add the carrots, celery and garlic, then fry for 5 mins, stirring until the vegetables start to soften.

Step 2

- Add the meat and stir well so it breaks down as it cooks. Once it's turned brown, add the passata and bouillon along with 1.3 litres of boiling water. Add the paprika, thyme and some black pepper. Cover the pan and simmer for 15 mins.

Step 3

- Tip in the penne and cook for 12-15 mins until tender. Stir through the cheese, then ladle into bowls. Sprinkle over extra cheese, if you like.

Step 4

- If you're following our [Healthy Diet Plan](#), serve two portions on the first day. Cool the remaining soup, remove the thyme and chill. Will keep for up to seven days. Reheat in a pan, adding some water if it's thickened.

Taste Score:



Meal Planner

Week: _____

Simple Fish Stew

Day: _____

Ingredients:

- 1 tbsp olive oil
- 1 tsp fennel seeds
- 2 carrots, diced
- 2 celery sticks, diced
- 85g raw shelled king prawns
- 2 garlic cloves, finely chopped
- 2 leeks, thinly sliced
- 400g can chopped tomatoes
- 500ml hot fish stock, heated to a simmer
- 2 skinless pollock fillets (about 200g), thawed if frozen, and cut into chunks

Method:

Step 1

- Heat the oil in a large pan, add the fennel seeds, carrots, celery and garlic, and cook for 5 mins until starting to soften. Tip in the leeks, tomatoes and stock, season and bring to the boil, then cover and simmer for 15-20 mins until the vegetables are tender and the sauce has thickened and reduced slightly.

Step 2

- Add the fish, scatter over the prawns and cook for 2 mins more until lightly cooked. Ladle into bowls and serve with a spoon.

Taste Score:



