

Meal Plan 102- Prep Sheet



**One Pot
Lasagna**



**Tomato
Chicken pasta**



**Mushroom
Stroganoff**



**Easy Pork
Curry**



**Sweet Potato
Carrot Soup**

Crispy Chilli Chicken

- Any cut of chicken is great for this recipe. You can get a large pack of chicken breasts and use for this recipe as well as the chicken pasta.
- The topping for this recipe uses cashews, but you can use almonds or peanuts. Whatever you choose can be used for the topping for the sweet potato soup also.

Creamy Tomato Chicken Pasta

- This recipe uses mascarpone to stir into the tomato sauce to add creaminess. You can use the leftover mascarpone to stir into the stroganoff sauce, or use creme fraiche for both the pasta and the stroganoff.

Creamy Mushroom Stroganoff

- Brown chestnut mushrooms are the best for this recipe. They add the most flavour.
- Because pasta is already on the menu once this week, serve the stroganoff over mashed potatoes.
- Add in some spinach or serve along side some broccoli for some extra greens.

Easy Pork Curry

- Add in any extra veggies.
- You can make this recipe vegetarian by substituting pork for halloumi or tofu.
- Top with some chopped cashews leftover from the chilli chicken.

Sweet Potato & Carrot Soup

- Serve this soup with some fresh bread and a salad for a great light dinner.
- Use bell peppers instead of carrots if you prefer.
- This soup is great for filling the freezer. In containers for up to 3 months.
- Use the cashews for topping the soup.

Meal Plan 102- Shopping List

Crispy Chilli Beef

- 500 g chicken *see prep sheet
- cornstarch
- soy sauce
- honey
- Sriracha
- 1 lime
- fresh ginger
- fresh garlic
- spring onions
- red chilli pepper/ jalapeno
- chopped coriander
- cashews

Tomato Chicken Pasta

- 2 boneless skinless chicken breasts
- 1 red onion
- 4-6 cloves garlic
- 1 x 400g tin cherry tomatoes
- 1 lemon
- chicken stock cubes
- 25-50g mascarpone cheese
- 1/2 bunch basil
- 100g rocket (optional)
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- 350g dried pasta (rigatoni)

Mushroom Stroganoff

- 1 yellow onion
- fresh garlic (3 cloves)
- 500g brown mushrooms
- English mustard
- paprika
- vegetable stock cubes
- 200ml sour cream (full fat)
- 1/2 bunch parsley
- beef stock cube
- rice or mashed potatoes for serving

Easy Pork Curry

- 500g pork fillet
- 1 yellow onion
- 1 inch piece fresh ginger
- fresh garlic cloves
- ground turmeric
- yellow curry powder (med)
- chilli powder
- 1 courgette
- 200g sweetcorn fresh or frozen
- smooth peanut butter
- soy sauce
- 400 ml tin coconut milk
- chilli flakes
- 1/2 bunch basil & Coriander

Sweet Potato Carrot Soup

- 2 large sweet potatoes
- 450g carrots
- fresh garlic cloves
- 1 inch fresh ginger
- vegetable stock cubes)
- red Thai curry paste
- basmati rice
- almonds, blanched
- lime wedges