

Meal Plan 103- Prep Sheet



**Broccoli
Gnocchi**



**Sausage Tray
Bake**



**Steak & Pepper
Fajitas**



**Halloumi &
Tomato Pasta**



**Chicken
Broccoli Bake**

One Pot Chicken and Broccoli Bake

- You can use boneless skinless chicken thighs for this recipe, too. Keep in mind that will affect the nutritional info for the recipe.
- Using brown rice in this recipe instead of basmati is a great choice. Just be sure to increase the water used and as well as the cooking time to ensure that the rice is tender.

Simple Sausage Tray Bake

- Use any type of sausages for this recipe. The traditional Cumberland or Lincolnshire work well, but you can also use chicken sausages too.

Skillet Steak Fajitas

- The key to amazing steak fajitas is ensuring that the steak is at room temperature before you start cooking it. This helps the steak sear on the outside and the inside cook to the perfect medium rare.
- Leftovers are great the next day, just keep in mind that the steak will cook a little further as you heat it up.
- Keep leftovers in an airtight container in the fridge overnight.

Halloumi & Tomato Pasta

- You can use any type of pasta for this recipe, but long noodles really help to hold that sauce.
- Chopped tomatoes are fine instead of tinned cherry tomatoes.
- Because halloumi is already salty, you'll want to be light with the seasoning on this one.

One Pan Broccoli Gnocchi

- This recipe is as quick and easy as they come. You can change the type of cheese to gouda or Emmentall if you prefer something a little bit different.
- Leftovers reheat really well in the microwave making this perfect for batch cooking for 2 nights. This gnocchi can be frozen but the texture may change a little once you defrost it.

Meal Plan 103- Shopping List

Broccoli Gnocchi

- 500 g bag shelf-stable gnocchi
- 1 head broccoli
- vegetable stock cube
- 125g cream cheese
- 200g shredded mozzarella

Sausage Tray Bake

- 6 sausages (any type)
- 1 red onion
- 2-4 cloves garlic
- 8-10 cherry tomatoes
- 2 bell peppers
- dried basil
- dried oregano
- chicken and steak seasoning
- 200g mini potatoes
- chicken stock cube (or stock pot)

Steak Fajitas

- 225g sirloin steak
- 1 red pepper
- 1 yellow pepper
- 1 red onion
- 1 avocado
- 150g Greek yogurt
- 1 bunch coriander
- 8-10 small flour tortillas
- 1 lime
- Cajun spice mix

Halloumi Pasta

- 300g spaghetti
- 1 block halloumi
- 1 x 400g tin cherry tomatoes
- 5 sun-dried tomatoes
- 5 pieces roasted peppers
- 1 lemon
- 2 tablespoons single cream
- 2 teaspoons garlic and tomato seasoning
- 1 bunch fresh basil
- 1 bunch fresh parsley

Chicken & Broccoli Bake

- 1 medium onion
- 300g carrots
- 300g chicken breast (boneless, skinless)
- 2 tablespoons butter
- 300g basmati rice)
- 2 teaspoons dried thyme
- 1 chicken stock cube
- 1 head of broccoli
- 1 lemon
- 125ml whole milk
- 200g shredded cheddar cheese