

Meal Plan 106- Prep Sheet



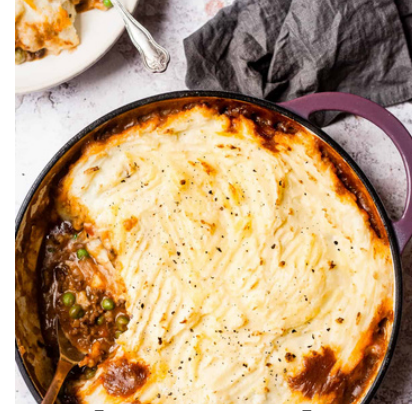
**Butternut
Squash Curry**



**Chorizo
Gnocchi**



**15 Minute
turkey stir fry**



**Slow Cooker
Cottage Pie**



**Creamy Ricotta
Pasta**

Butternut Squash Curry

To get ahead

- Peel and dice butternut squash as part of your weekly meal prep.

What to do with leftovers

- Keep in an air-tight container in the freezer for 3 months, and in the fridge for 3 days.

One Pot Chorizo Gnocchi

To get ahead

- No need to do any prep with this easy one-pot recipe.

What to do with leftovers

- These make amazing leftovers and will keep in the fridge for 3 days. Reheat in the microwave or oven.

Slow Cooker Cottage Pie

To get ahead

- Can make the filling ahead and top with potatoes before serving.

What to do with leftovers

- Fridge for freeze the leftovers. Reheat in the oven or microwave. *Be sure to over leftover with foil in the oven so that the beef and potatoes don't dry out.

15 Minute Turkey Stir Fry

To get ahead

- Make the stir-fry sauce and slice all the veggies. *Make a double portion of sauce for adding to plain rice or veggies.

What to do with leftovers

- Keep in the fridge for 2-3 days and reheat in the microwave.

Creamy Ricotta Pasta

To get ahead

- Wash spinach for the week and keep it in an air-tight container.

What to do with leftovers

- Fridge for up to 3 days. Add a splash of water before reheating to loosen the sauce.

Meal Plan 106- Shopping List

Pantry

- olive oil
- 1 x 400g tin chickpeas
- 1 x 400g tin chopped tomatoes
- 400g tin coconut milk cumin
- garam masala curry powder
- chilli powder maple syrup
- vegetable oil
- 500g gnocchi fresh or shelf-stable
- basmati rice
- honey roasted peanuts
- Worcestershire sauce tomato purée
- plain flour
- 1 head garlic
- 90g tomato sauce or
- pesto
- 1 box of chicken stock cubes
- 120g teriyaki sauce
- Sriracha or chili paste
- soy sauce (dark or light)
- 500g spaghetti
- pasta seasoning or mixed herbs
- chilli flakes
- beef stock cubes

Meat / Dairy

- 80g chorizo slices
- 1 ball of fresh mozzarella
- 500g turkey mince
- 500g minced beef frozen peas
- 75ml Greek yogurt
- 100g butter
- 250ml whole milk
- 300ml single cream
- 250g full-fat ricotta
- 50g grated parmesan

Produce

- 1 head garlic
- 2 x yellow onion
- butternut squash
- 650g fresh spinach
- 1 shallot
- 2 x red onion
- 1 bunch basil
- 2 x lemon
- 220g tenderstem or broccoli
- fresh ginger spring onions
- red chilli peppers
- 1 bunch coriander
- 200g brown mushrooms
- 3 carrots
- 200g spinach
- 1 bunch of fresh parsley
- 1 kg Maris piper potatoes