Meal Plan 117- Prep Sheet







Asian Chicken Lettuce Wraps

Easy Moroccan Couscous



Simple Prawn Tacos



Curry Chicken Thighs



Tomato Halloumi Pasta

Asian Chicken Lettuce Wraps

Quick Tips

- Use chicken mince or chicken breast for the filling.
- Add some cooked noodles to the chicken to make this meal stretch further and make it more filling.

What to do with leftovers

• Store chicken and lettuce seperately for up to 3 days in the fridge.

Moroccan Couscous

Quick Tips

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What to do with leftovers

• This recipe makes a lot of chilli. Portion leftovers into containers and freeze for up to 3 months.

Curry Chicken Thighs

Quick Tips

• Sear the chicken thighs before adding in the tomatoes and coconut milk for the best flavour.

What to do with leftovers

• Store leftovers in an airtight container and add a splash of water before reheating in the microwave to help loosen the sauce.

Halloumi Tomato Pasta

Quick Tips

• If you can find tinned cherry tomatoes

Simple Prawn Tacos

Quick Tips

• Get prawns that have already been peeled and deveined to save a few minutes in the kitchen.

What to do with leftovers

• These are best eaten the same day.

use them because they are rich and sweet. But chopped tomatoes also work perfectly.

What to do with leftovers

- Leftovers can be stored in the fridge for up to 3 days. Not suitable for freezing.
- Reheat in the microwave or on the stovetop. Add a splash of water so the sauce doesn't dry out.

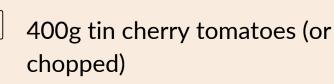
Meal Plan 117- Shopping List



Chicken Lettuce Wraps	Prawn Tacos	Curry Chicken Thighs
500g chicken mince (or bre	ast) 400g king prawns	brown onion
1 lettuce Butterhead	Cajun spice	fresh garlic
mixed vegetables	Chilli powder	fresh ginger
soy sauce	1 small fresh pineapple	
Sriracha sauce	2 lime	1 kg chicken thighs
fresh garlic	1 bunch fresh coriander	1 x 400g tin chopped tomatoes
fresh ginger	100ml Greek yogurt	1×400 ml tin coconut
2 spring onions	Chilli powder	milk
1 bunch coriander	1 small green cabbage	curry powder
crushed peanuts	1 avocado	chilli powder
lime wedges (1 lime)	8 flour tortillas	honey
	1 fresh red chilli pepper	1 lime
Moroccan Couscous	Halloumi Pasta	fresh coriander
200g couscous	300g dried spaghetti	
1 medium shallot	1 block halloumi	

50g dried apricots (or raisins)

50g almonds (or pine nuts)





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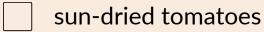
1 bunch parsley



cinnamon



vegetable stock cube



roasted red peppers (from a jar)

1 lemon

heavy cream (optional)

garlic and tomato seasoning

fresh basil



fresh parsley