

Meal Plan 120- Prep Sheet



**Coconut
Chicken Curry**



**15 Minute Turkey
Stir Fry**



**Roasted
Tomato Soup**



**Cajun Chicken
Pasta**



**One Pot
Mexican Rice**

Coconut Chicken Curry

Quick Tips

- This is such a quick recipe that there isn't much to do beforehand to get ahead.

What to do with leftovers

- This curry makes amazing leftovers and will keep in the fridge for 3 days. Reheat in the microwave or oven.

15 Minute Turkey Stir Fry

Quick Tips

- 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.

Roasted Tomato Soup

Quick Tips

- It's not necessary to peel and deseed the tomatoes before roasting them, but you can if you wish to.

What to do with leftovers

- This recipe is great for making ahead and storing in the freezer for a few months. Defrost in the fridge overnight and reheat gently.

Cajun Chicken Pasta

Quick Tips

- This 30 minute recipe is so quick and easy that there is no need to take any steps to get ahead.

What to do with leftovers

- Add a splash of water to the sauce before reheating so that it doesn't dry out.

One Pot Mexican Rice

Quick Tips

- This recipe makes the most of frozen or tinned vegetables. Both are great options.

What to do with leftovers

- Store the leftovers in an airtight container in the fridge for up to 3 days.
- Reheat in the microwave.

Meal Plan 120- Shopping List

Cajun Chicken Pasta

- Cajun spice
- 300g boneless skinless chicken breast
- fresh garlic
- brown onion
- 1 x 400g tin chopped tomatoes
- 200ml double cream
- 1 lemon
- 300g penne (or any pasta)
- 1/2 bunch fresh coriander
- parmesan cheese

Turkey Stir Fry

- 500g turkey mince
- 1 red onion
- 1 head broccoli
- teriyaki sauce
- Srirach (or chilli) sauce
- soy sauce (dark or light)
- 1 lime
- fresh garlic
- fresh ginger
- basmati rice
- honey roasted peanuts
- spring onions
- fresh coriander
- red chilli pepper

Coconut Chicken Curry

- 500g boneless skinless chicken
- brown onion
- fresh garlic
- fresh ginger
- tomato purée
- ground turmeric
- yellow curry powder
- demerara sugar
- soy sauce
- 1 x 400g tin chopped tomatoes
- 1 x 400ml tin coconut milk
- 1/2 bunch coriander
- 1 lime

Naan Bread

- 250g self-raising flour
- 250g Greek yoghurt
- 1/2 teaspoon salt

Roasted Tomato Soup

- 900g fresh tomatoes
- 1 brown onion
- fresh garlic
- smoked paprika
- vegetable broth
- heavy cream
- fresh basil leaves

Mexican Rice

- fresh garlic cloves
- 1 brown onion
- basmati rice
- vegetable stock cubes
- 1 x 400g tin crushed tomatoes
- 250g tin sweet corn
- 1 large carrot
- basmati rice
- courgette
- 75g frozen peas
- chilli powder
- cumin powder
- tomato purée
- fresh coriander
- tortilla chips for serving
- 2 limes