

7 Days of Meal Ideas

All recipes can be found in *Simply Good For You*

Breakfast	Lunch	Dinner
Bircher Muesli* (pg 36), topped with chopped apple, cinnamon and pumpkin seeds. <i>*Make double</i>	Instant tomato & Cannellini bean soup (pg 82) - Piece of fruit	Pea & Chicken burgers (pg 185), steamed broccoli & kale / spinach, roast sweet potato wedges. - Piece of fruit
Bircher Muesli topped with ½ banana, turmeric and pumpkin seeds	Leftover pea & chicken burgers, salad leaves, chopped cherry tomatoes, chopped cucumber. Olive oil dressing. - Piece of fruit	Soup for the Soul (pg 86), served with roasted chickpeas & chilli flakes. Side salad. Toast if needed. - Piece of fruit
Golden Wholefood Smoothie (pg 33)	Leftover Instant tomato & cannellini bean soup. Toast if needed. - Piece of fruit	Salmon, roasted vegetables (pg 141) rocket / greens. New potatoes if needed. - Piece of fruit
Smashed avocado, rocket, spring onion, cherry tomatoes, & chilli on toast (pg 122) - Piece of fruit	Leftover roasted vegetables, chickpeas & tahini (pg 145), feta, salad. - Piece of fruit	Lazy dahl (pg 223) - Piece of fruit
Berry Wholefood Smoothie (pg 35)	Leftover lazy dahl - Piece of fruit	Weekly 'bottom of the fridge' vegetable stew (pg 214) served with some quinoa & feta - Piece of fruit
Green toast (pg 67)	Leftover vegetable stew (maybe blended into a soup, or perhaps with some roasted chickpeas). - Piece of fruit	One-tray roasted winter salad (pg 228) - Piece of fruit & perhaps some dark chocolate
Gut-friendly breakfast yoghurt (pg 55)	Warm lemon mackerel & new potato salad (pg 175)	Red pepper pasta (pg 240) (I'll do a simple side salad too) - Piece of fruit

Shopping List:

This meal plan and shopping list costs roughly £1.80 per meal per person

Things I generally have in cupboards already:

Rolled oats (2 cups)
Chia seeds / Pumpkin & mixed seeds / Hulled hemp seeds / Cashews (80g)
Chickpea or red lentil pasta
Garlic
Quinoa (I'll use a Merchant Gourmet pouch)
Dried red lentils
Vegetable stock powder
Turmeric / cinnamon / ground ginger / smoked paprika / nutmeg / salt & pepper /
thyme / bay / cumin / coriander / mustard seeds / chilli / garam masala
Honey or maple syrup / Vanilla Extract
Olive oil / Vinegar
Dijon mustard
Tahini / Almond butter

To buy:

Milk of your choice
Natural yoghurt (big tub)
1 packet feta
1 bag oranges
A few lemons (2-3)
1 bag apples & 1 bag pears
1 punnet plums
1 big bunch bananas
1 bag red onions
1 bunch spring onions
1 bag carrots
1 head broccoli
1 small butternut squash
2 courgettes
1-2 punnets cherry tomatoes
2 red peppers
1 aubergine
200g mushrooms
2 bulbs fennel
Celery (small)
3-4 sweet potatoes
Small bag new potatoes
Avocados (6 small or 4 large)
Bag each of kale / spinach / rocket
Fresh ginger / basil / parsley
1 jar roasted red peppers
5 tins / jars chickpeas (each roughly 400g)
1 tin / jar cannellini beans
3 tins / jars chopped tomatoes
1 tin coconut milk
2 fillets smoked mackerel
500g skinless, boneless chicken thighs
2 fillets fresh salmon
Frozen peas
Frozen berries
Bread of choice