



Poached Egg on Toast



Roast Chicken Dinner



Prawn Salad



Apple and Cinnamon Porridge



Tuna Sandwich



Chicken with Pancetta and Leeks



Cheese and Tomato Omelette



Jacket Potato with Beans



Meatballs with Pasta



Boiled Egg and Soldiers



Tuna Pasta Salad



Jacket Potato with Chilli



Scrambled Egg on Toast



Jacket Potato with Tuna



Chicken Cous Cous



Baked Beans on Toast



Chicken Cous Cous



Cod in Pancetta



Porridge with Kiwi and Orange



BLT Sandwich



Prawn Curry



~ DAY 1 - SUNDAY ~



Poached Egg on Toast

*1 medium egg • 1 medium slice wholemeal bread • 1 small apple
• 1 satsuma • 10 grapes*

Poach the egg in a pan of simmering water until the white is just set and the yolk soft. Meanwhile toast the bread. Chop the apple, peel and segment the satsuma and halve the grapes to make a really quick fruit salad.



Roast Chicken Dinner

*1 skinless chicken breast • 100g green beans • 1 leek • 1 carrot
• 4tbsp white wine vinegar • 200g potatoes • Fresh rosemary
• 2 yorkshire puddings • 2tsp chicken gravy granules*

Put the potatoes (peeled and cut into small pieces) into a medium saucepan, just cover with boiling water, bring back to boil, reduce heat and simmer for 5-10 minutes, until just soft. Meanwhile, top and tail the green beans, peel and thinly slice the carrots. Lightly oil a roasting dish and add the vegetables, season well with salt and pepper, add a dash of white wine vinegar and mix. Once soft, drain the potatoes and tip into another roasting dish, lightly spray with oil, season with salt and add a few springs of rosemary. Place the chicken breast on top of the leeks and carrots, spray with oil and pop both trays in the oven. Cook for 25-30 minutes. 5 minutes before cooking time complete, put the yorkshire puddings in the oven, make up the gravy granules with $\frac{1}{4}$ pint/140ml boiling water. Serve sliced roast chicken with potatoes, vegetables, yorkshires and gravy.



Prawn Salad

*100g king prawns • 1 medium slice wholemeal bread • 4 lettuce leaves
• 6 cherry tomatoes • 5 black olives • 1 spring onion • 50g reduced fat
cottage cheese • 1tsp balsamic vinegar • $\frac{1}{2}$ red chilli pepper • 1 kiwi*

Make up a quick prawn salad: in a bowl top the lettuce leaves with the cottage cheese, prawns, finely sliced spring onions and finely diced chilli. In a separate bowl, add the halved tomatoes, drizzle with balsamic vinegar and season with salt. Toss on top of salad and serve with bread. Don't forget your kiwi for dessert!



~ DAY 2 - MONDAY ~



Apple and Cinnamon Porridge

*30g porridge oats • 225ml semi skimmed milk • 1 small apple
• ½ tsp cinnamon*

In a small saucepan, mix the oatmeal with semi-skimmed milk, bring to the boil, reduce the heat and simmer for 3 minutes. Meanwhile core and grate the apple (including skin). Stir apple into the porridge, cook for 1 minute. Serve sprinkled with cinnamon.



Tuna, Tomato and Olive Sandwich

*2 slices wholemeal bread • 1 small can tuna • 4 sundried tomatoes
• 6 olives • 1 kiwi*

Roughly chop the sundried tomatoes and slice the black olives, mix with the tuna and make into a sandwich with the bread. Serve with a kiwi.



Chicken with Pancetta and Leeks

*1 leek • 1 carrot • 2tbsp white wine vinegar • 3 sprigs thyme
• 1 skinless chicken breast • 3 slices pancetta • 200g potato • 1 satsuma*

Preheat the oven to 200°C/400°F/gas 6.

Slice the leek into ½ cm/¼ inch pieces, put it into a single serving ovenproof dish or tray with a dash of white wine vinegar, the leaves from 2 sprigs of thyme and a pinch of salt and pepper, and mix together. Wrap the chicken breast in the pancetta, pop on top of the leeks, spray with 10 sprays of olive oil, top with a sprig of thyme (or two). Cook in middle of the oven for 25-30 minutes. Meanwhile, peel the potatoes, add to a saucepan and cover with boiling water, bring to the boil, reduce to a simmer and cook for 20 minutes until soft.

Enjoy the satsuma for dessert.



~ DAY 3 - TUESDAY ~



Cheese and Tomato Omelette

*2 medium eggs • 50g reduced fat cottage cheese • 6 cherry tomatoes
• 1 medium slice wholemeal bread*

Mix 1 egg with 1 egg white (reserve the yolk for later today) and a pinch of salt and pepper. Heat a small frying pan over a medium heat, lightly coat with 10 sprays olive oil, add the eggs and cook until almost set. Squeeze excess moisture out of cottage cheese then add to omelette, fold over and serve with cherry tomatoes and toast.



Jacket Potato with Beans

1 medium jacket potato • 1 small can baked beans

Cook (or reheat) jacket potato and top with baked beans (cooked as per packet instructions)



Beef Meatballs in Tomato Sauce with Pasta

*100g lean minced beef (5% fat) • 1 egg yolk (reserved from breakfast)
• 1 small can chopped tomatoes • 1 clove garlic • 1 tsp balsamic vinegar •
75g wholewheat fusili pasta twists*

Mix the beef with the egg yolk, season with a little salt and pepper, then split into 6 even sized pieces and roll roughly into balls (it will be quite sticky!) Heat a small saucepan over a medium heat, lightly oil with 10 sprays olive oil spray and add the meatballs. Cook for 5 mins turning gently (to keep them together) until the meatballs are browned all over. Add the chopped tomatoes, crushed garlic and a dash of balsamic vinegar. Bring to the boil, then turn the heat down to a gentle simmer. Meanwhile cook the pasta (as per packet instructions), keeping an eye on the tomato sauce - if it becomes too dry top up with a little of the pasta water. Once pasta is cooked, drain and serve topped with meatballs and sauce.

Time Saving Tip:

If you are planning to have Tuna Pasta Salad tomorrow for lunch, cook 135g pasta (that's 75g for today and 60g for tomorrow). Once cooked weigh out 140g of cooked pasta, set aside and leave to cool.



~ DAY 4 - WEDNESDAY ~



Boiled Egg and Soldiers with Beans

1 medium egg • 1 medium slice wholemeal bread • 1 small can baked beans

Put the egg into a small pan, just cover with cold water and place over a high heat. Bring to the boil, then reduce the heat to low and simmer for about 3 minutes (set a timer!). Meanwhile toast the bread and cut into soldiers; heat through half of the baked beans (reserve the other half for later today). Once the egg is cooked quickly remove with a slotted spoon and run under cold water to stop it cooking. Serve immediately.



Tuna Pasta Salad with Tomatoes and Olives

60g wholewheat fusili pasta twists • 1 small can tuna (in spring water) • 4 sundried tomatoes, drained • 5 black olives • Fresh basil leaves

Cook the pasta as per packet instructions (unless reserved from yesterday). Top with the tuna, chopped sundried tomatoes, sliced olives and a few bay leaves.



Jacket Potato with Chilli con Carne

1 medium jacket potato • 100g lean minced beef (5% fat) • ½ onion • 1 clove garlic • 1 small can chopped tomatoes • Baked beans (reserved from breakfast) • ½ tsp chilli powder • 1 satsuma

Cook (or reheat) the jacket potato.

Heat a small saucepan over a medium heat-high heat, coat lightly with 10 sprays olive oil spray, add the onion (finely diced) and garlic (crushed). Cook for 2 minutes until begin to soften, add the minced beef, breaking apart as you do, cook until browned - approx 5 minutes. Add the chopped tomatoes, baked beans (saved from earlier) and chilli powder (to taste). Bring to the boil, reduce the heat, cover and simmer for 20 minutes, stirring halfway. Serve over the jacket potato.

Don't forget your satsuma for dessert!

Time Saving Tip:

If cooking your jacket potato in the oven, cook an extra one for tomorrow's lunch.



~ DAY 5 - THURSDAY ~



Scrambled Egg on Toast

2 medium eggs • 1 slice wholemeal bread

Crack the eggs into a bowl, add a pinch of salt and pepper and mix with a fork. Heat a non-stick pan over a low heat, oil lightly with 10 sprays olive oil spray, add the eggs and move around constantly to stop them sticking until cooked to liking. Serve on top of toasted bread.



Jacket Potato with Tuna and Cottage Cheese

1 medium jacket potato • 50g reduced fat cottage cheese • 1 small can tuna (in spring water) • 6 cherry tomatoes • 1 spring onion • ½ red chilli • 1 small apple

Mix the tuna with the cherry tomatoes (halved) and spring onion (finely sliced). Reheat (or cook) the jacket potato and top with cottage cheese, the tuna mix and some finely sliced red chilli.

Don't forget your apple for dessert.



Chicken and Sundried Tomato Cous Cous with Peas

½ stock cube • 50g cous cous • 50g frozen peas • 35g sundried tomato antipasti • 90g cooked chicken breast • 1 kiwi • 1 satsuma • 10 grapes

In a jug make up ½ chicken stock cube with ½ pint/250ml boiling water. Pour approx 80ml into a small saucepan and bring to the boil. Add the cous cous and frozen peas, bring to the boil and immediately reduce heat, cover and simmer gently for 5 minutes (until liquid almost absorbed). Meanwhile, drain and slice 3-4 sundried tomatoes. Fluff the cous cous with a fork, mix in the sundried tomatoes and top with cooked chicken breast.

For dessert, enjoy a fruit salad made with the kiwi (peeled and sliced), satsuma and grapes.

Time Saving Tip:

If you are planning to have the chicken cous cous (cold or reheated) for lunch tomorrow, simply make double today. Just remember to substitute the sundried tomatoes for 6 cherry tomatoes.



~ DAY 6 - FRIDAY ~



Baked Beans on Toast

1 medium slice wholemeal bread • 1 small tin baked beans • 1 satsuma

Toast the bread and top with baked beans (heated as per instructions on can). Serve with the satsuma. Easy!



Chicken and Sundried Tomato Cous Cous with Peas

*½ stock cube • 50g cous cous • 50g frozen peas • 6 cherry tomatoes
• 90g cooked chicken breast*

Method as above (Day 5: Dinner), except use fresh tomatoes instead of sundried tomatoes.



Cod in Pancetta

*• 200g potatoes • 100g green beans • 5 black olives • 6 cherry tomatoes
• 1 lemon • 1 skinless and boneless cod fillet • 3 slices pancetta*

Heat oven to 200C/180C fan/gas 6.

Place peeled potatoes in a pan, just cover with boiling water, bring back to boil and simmer for 10-12 minutes. Add green beans and cook for a further 2-3 minutes. Drain well. Lightly oil a baking dish with olive oil spray, tip in the potatoes and beans, add olives and tomatoes, the zest of half a lemon. Season the cod with salt and pepper, wrap in pancetta and place on top of the potatoes. Spray everything lightly with olive oil spray (10 sprays). Pop in the top of oven and bake for 10-15 mins until cooked through, and pancetta browns.

Serve with lemon wedges to squeeze over.



~ DAY 7 - SATURDAY ~



Porridge with Kiwi and Orange

30g porridge oats • 225ml semi-skimmed milk • 1 kiwi • 1 satsuma

In a small saucepan, mix the oatmeal with semi-skimmed milk, bring to the boil, reduce the heat and simmer for 4 minutes. Meanwhile peel and slice the kiwi, peel and segment the satsuma. Serve porridge topped with fruit.



Pancetta BLT Sandwich

*2 medium slices wholemeal bread • 50g reduced fat cottage cheese
• 6 cherry tomatoes • 3 lettuce leaves • 3 slices pancetta*

Toast the bread. Slice the tomatoes. Heat a non stick frying pan over a medium-high heat. Add the pancetta and cook, turning, until browned both sides. Top one slice of toasted bread with the cottage cheese, then the lettuce leaves, sliced tomatoes and pancetta. Top with the other slice of bread, cut in half and enjoy.



Prawn Curry with Rice and Poppadoms

*100g king prawns • 2 tbsp curry paste • ½ onion • 1 small can chopped tomatoes • 1 clove garlic • 50g frozen peas • 50g brown basmati rice
• 2 poppadoms*

Cook the rice as per packet instructions.

Meanwhile, heat a wok or large frying pan over a medium heat. Lightly coat with olive oil spray, add the onions (finely diced) and garlic (crushed) and sizzle for 2-3 minutes until the onion softens (add a dash of water if starts to stick), then stir in the curry paste and cook for another minute. Turn the heat up to medium-high, add the prawns, chopped tomatoes and peas, bring to the boil then reduce the heat to gentle simmer, and cook until the prawns have changed colour and are cooked through.

If the rice is cooked before the curry, simply sieve and cover until the curry is ready. Alternatively, leave the curry to simmer until the rice is ready!

Serve with the poppadoms.