**Solo Weekly Meal Plan**

|  |  |
| --- | --- |
| **Curried Chickpeas**   * ½ a Red Onion * ½ a Red Pepper * 2 Cloves of Garlic * Ginger * ½ a Can of Chickpeas * 1 tsp of Tomato Purée * 100ml of Water * 100ml of Passata * 3 Frozen Spinach Pellets * Frozen Peas * Crème Fraîche * \\ Indian Dhal Spices   **Mediterranean Beans**   * ½ a Red Onion * ½ a Red Pepper * 2 Cloves of Garlic * ½ a Can of Cannellini Beans * 1 tsp of Tomato Purée * 100ml of Water * 100ml of Passata * Frozen Peas * Frozen Edamame Beans * Halkidiki Olives * \\ Italian Stew Spices | **Salt & Chilli Beans**   * ½ a Red Onion * ½ a Red Pepper * 2 Cloves of Garlic * ½ a Can of Cannellini Beans * 1 tsp of Tomato Purée * 1 tsp of Chipotle Chilli Paste * 100ml of Water * 100ml of Passata * 3 Frozen Spinach Pellets * Frozen Corn * Crème Fraîche * \\ Salt & Chilli Spices   **Bean Chilli**   * ½ a Red Onion * ½ a Red Pepper * 2 Cloves of Garlic * ½ a Can of Kidney Beans * 1 tsp of Tomato Purée * 1 tsp of Chipotle Chilli Paste * 100ml of Water * 100ml of Passata * Frozen Corn * \\ Mexican Chilli Spices   **Mexica Bean Soup**   * ½ a Red Onion * ½ a Red Pepper * 2 Cloves of Garlic * 1 Can of Cannellini Beans * 1 tsp of Tomato Purée * 1 tsp of Chipotle Chilli Paste * 200ml of Water * Frozen Corn * \\ Mexican Bean Soup Spices |