

Life Skills and Hobbies

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Preface

This is a Quarto book.

To learn more about Quarto books visit <https://quarto.org/docs/books>.

1 Meal Plan

1.1 Balanced 3-Week Dinner Plan (Final 24 Meals)

Week 1

Day	Meal No.	Meal Name
Monday	1	Chickpea Coconut Curry
Tuesday	4	Creamy Mushroom Soup
Wednesday	6	Chicken & Vegetable Stir-Fry with Rice
Thursday	10	Pasta with Mushrooms & Garlic
Friday	12	Tomato-Cucumber Salad (Egg-Free)
Saturday	21	Spaghetti Bolognese
Sunday	5	Egg Fried Rice with Vegetables
Flex/Extra	19	Classic Tomato Soup

Week 2

Day	Meal No.	Meal Name
Monday	3	Chicken & Vegetable Rice Bowl
Tuesday	7	Lentil Soup
Wednesday	2	Pasta with Garlic, Olive Oil & Veggies
Thursday	13	Mushroom & Cabbage Stir-Fry with Rice
Friday	17	Tuna Pasta
Saturday	20	Wrap with Vegetables & Yogurt Sauce
Sunday	14	Pea & Potato Masala
Flex/Extra	22	Ground Beef & Potato Hash

Week 3

Day	Meal No.	Meal Name
Monday	15	Chicken Rice Porridge (Congee Style)
Tuesday	8	Couscous Salad with Roasted Veggies
Wednesday	23	Beef-Stuffed Bell Peppers (Stovetop)
Thursday	9	Shakshuka (Eggs in Tomato Sauce)
Friday	11	Red Bean Chili
Saturday	24	Vegetable & Chickpea Stew
Sunday	16	Garlic Chicken with Potatoes & Greens
Flex/Extra	18	Tuna Pasta (Olive Oil or Tomato Base)

1.2 24-Meal Dinner Plan with Full Recipes

(For compact kitchens, beginner-friendly cooking, and balanced variety)

1. Chickpea Coconut Curry

A warm, creamy curry that's simple and pantry-friendly.

Ingredients

- 1 can chickpeas
- 1 can diced tomatoes
- ½ can coconut milk
- 1 small onion, 2 garlic cloves
- 1 tsp curry powder
- Oil, salt, pepper

Instructions

1. Sauté chopped onion and garlic in oil until soft.
2. Add chickpeas, tomatoes, coconut milk, and curry powder.
3. Simmer uncovered for 15–20 minutes.
4. Taste and adjust seasoning. Serve with rice.

2. Pasta with Garlic, Olive Oil & Veggies

A classic “aglio e olio” style pasta with optional veg.

Ingredients

- Pasta

- 2–3 garlic cloves
- Olive oil
- Optional: spinach, cherry tomatoes, zucchini
- Salt, pepper, chili flakes (optional)

Instructions

1. Cook pasta in salted water.
2. While boiling, gently sauté garlic in olive oil.
3. Add chopped veg if using and cook briefly.
4. Toss with drained pasta. Season and serve.

3. Chicken & Vegetable Rice Bowl

Bite-sized sautéed chicken with simple vegetables over rice.

Ingredients

- Chicken breast or thigh
- 1 bell pepper, 1 onion
- Garlic, soy sauce
- Oil, salt, pepper
- Rice

Instructions

1. Dice chicken and sauté in oil until browned.
2. Add chopped onion and pepper, stir-fry until soft.
3. Add garlic and soy sauce. Cook 1–2 more minutes.
4. Serve over rice.

4. Creamy Mushroom Soup

Simple, hearty, and comforting.

Ingredients

- 1 pack mushrooms
- 1 small potato (optional)
- 1 onion, 2 garlic cloves
- Butter or oil
- Milk or cream
- Salt, pepper, thyme

Instructions

1. Sauté chopped onion, garlic, and mushrooms.
2. Add diced potato (if using), cover with water.
3. Simmer until soft (~15 min). Blend or mash.
4. Stir in milk/cream. Season and reheat gently.

5. Egg Fried Rice with Vegetables

Fast, satisfying, and uses leftovers well.

Ingredients

- Cooked rice (1–2 cups)
- 1–2 eggs
- 1 carrot, peas or frozen veg
- Soy sauce, oil, garlic

Instructions

1. Sauté chopped veggies in oil. Push aside.
2. Scramble eggs in the same pan.
3. Add rice and stir-fry everything together.
4. Season with soy sauce.

6. Chicken & Vegetable Stir-Fry with Rice

Quick, colorful, and classic.

Ingredients

- Chicken breast
- Bell pepper, onion
- Garlic, soy sauce, oil
- Rice

Instructions

1. Stir-fry chicken until cooked.
2. Add vegetables, sauté 5–7 minutes.
3. Add garlic and soy sauce.
4. Serve over rice.

7. Lentil Soup

Nutritious, easy, and filling.

Ingredients

- 1 cup red lentils
- 1 carrot, 1 onion, 2 garlic cloves
- Olive oil, cumin, salt, pepper

Instructions

1. Sauté chopped onion, garlic, and carrot.
2. Add lentils and 3–4 cups water. Simmer 20 min.
3. Blend (optional) for creaminess. Season to taste.

8. Couscous Salad with Roasted Veggies

Grain-based with Mediterranean flair.

Ingredients

- Couscous
- Zucchini, bell pepper, onion
- Lemon juice, olive oil, herbs

Instructions

1. Pour boiling water over couscous, cover 5 min.
2. Sauté vegetables until browned.
3. Mix with couscous, lemon juice, olive oil.

9. Shakshuka (Eggs in Tomato Sauce)

Eggs poached in spiced tomato sauce.

Ingredients

- 1 can diced tomatoes
- 2–3 eggs
- 1 onion, 1 garlic clove
- Paprika, cumin (optional), oil, salt

Instructions

1. Sauté onion and garlic.
2. Add tomatoes, simmer with spices.
3. Crack in eggs, cover.
4. Cook until eggs set. Serve with bread or rice.

10. Pasta with Mushrooms & Garlic

Savory and satisfying.

Ingredients

- Pasta
- Mushrooms
- Garlic, olive oil
- Optional: parsley, cheese

Instructions

1. Boil pasta.
2. Sauté mushrooms and garlic.
3. Mix with pasta. Season to taste.

11. Red Bean Chili

Hearty and warming.

Ingredients

- 1 can red beans
- 1 can diced tomatoes
- Onion, garlic
- Chili powder, cumin, paprika
- Oil, salt, pepper

Instructions

1. Sauté onion and garlic.
2. Add beans, tomatoes, spices.
3. Simmer 15–20 min. Serve with rice or bread.

12. Tomato-Cucumber Salad (Egg-Free)

Light and refreshing.

Ingredients

- 1 cucumber
- 2 tomatoes
- Olive oil, vinegar or lemon juice
- Salt, pepper

Instructions

1. Chop vegetables.
2. Toss with dressing. Serve chilled.

13. Mushroom & Cabbage Stir-Fry with Rice

Simple, earthy stir-fry.

Ingredients

- Mushrooms
- Cabbage
- Garlic, soy sauce, oil
- Rice

Instructions

1. Sauté mushrooms. Add cabbage.
2. Add garlic and soy sauce.
3. Cook until soft. Serve with rice.

14. Pea & Potato Masala

Mildly spiced comfort dish.

Ingredients

- 2 potatoes, diced
- 1 cup peas
- Onion, garlic
- Curry powder
- Oil, salt

Instructions

1. Sauté onion and garlic.
2. Add potatoes and a bit of water. Simmer.
3. Add peas and spices. Cook until soft. Serve with rice.

15. Chicken Rice Porridge (Congee Style)

Soothing and soft — great for quiet days.

Ingredients

- Rice
- Chicken breast
- Ginger
- Salt, soy sauce, spring onion (optional)

Instructions

1. Boil rice with extra water (~3:1 ratio).
2. Add shredded chicken and sliced ginger.
3. Simmer until thick. Season and serve.

16. Garlic Chicken with Potatoes & Greens

All in one pan.

Ingredients

- Chicken
- 2 potatoes
- Frozen spinach or greens
- Garlic, oil, salt, pepper

Instructions

1. Brown chicken with garlic.
2. Add diced potatoes + water. Cover and steam.
3. Add greens to finish.

17. Tuna Pasta (Olive Oil or Tomato Base)

Pantry-friendly and timeless.

Ingredients

- Pasta
- 1 can tuna
- Garlic, olive oil
- Optional: tomatoes, capers, olives

Instructions

1. Boil pasta.
2. Sauté garlic in oil. Add tuna (and tomatoes if desired).
3. Mix with pasta.

18. Vegetable & Chickpea Stew (Moroccan-Inspired)

Fragrant and one-pot.

Ingredients

- 1 can chickpeas
- Carrot, onion, garlic
- Cumin, paprika, cinnamon
- Tomato paste
- Optional: raisins

Instructions

1. Sauté veg, add spices.
2. Add tomato paste and chickpeas.
3. Simmer until tender.

19. Classic Tomato Soup

Smooth and comforting.

Ingredients

- 1 can diced tomatoes
- Onion, garlic
- Olive oil or butter
- Salt, pepper

- Optional: cream, herbs

Instructions

1. Sauté onion and garlic. Add tomatoes.
2. Simmer 15–20 min. Blend.
3. Add cream if desired. Season to taste.

20. Wrap with Vegetables & Yogurt Sauce

Fresh and no-cook.

Ingredients

- Flatbread or tortilla
- Cucumber, tomato, lettuce
- Yogurt, lemon, olive oil
- Optional: herbs, olives, hummus

Instructions

1. Mix yogurt with lemon, oil, herbs.
2. Fill wrap with chopped veg + yogurt.
3. Roll and serve.

21. Spaghetti Bolognese

Timeless pasta with a beefy tomato sauce.

Ingredients

- Pasta
- 200–300g ground beef
- 1 onion, 2 garlic cloves
- 1 can diced tomatoes or passata
- Olive oil, salt, pepper
- Optional: oregano, tomato paste

Instructions

1. Cook pasta.
2. Sauté onion and garlic, add beef and brown.
3. Add tomatoes and simmer 20 minutes.
4. Mix with pasta or serve on top.

22. Ground Beef & Potato Hash

Savory and hearty skillet meal.

Ingredients

- 200–300g ground beef
- 2 potatoes, diced
- 1 onion
- Garlic, oil, salt, pepper
- Optional: paprika

Instructions

1. Sauté potatoes until soft.
2. Add onion and garlic.
3. Add ground beef and brown.
4. Season and serve.

23. Beef-Stuffed Bell Peppers (Stovetop)

Soft, sweet peppers filled with savory beef and rice.

Ingredients

- 2 bell peppers
- 150g ground beef
- ½ cup cooked rice
- Onion, garlic, tomato paste
- Oil, salt, pepper

Instructions

1. Mix beef, rice, onion, garlic, tomato, and seasoning.
2. Stuff peppers with mixture.
3. Stand in pan with water, cover, and steam ~30 min.

24. Vegetable & Chickpea Stew (Moroccan-Inspired)

Fragrant, warming, and perfect for a one-pot evening.

Ingredients

- 1 can chickpeas
- 1 medium carrot

- 1 onion, 2 garlic cloves
- 1 tbsp tomato paste
- Spices: ½ tsp cumin, ½ tsp paprika, pinch of cinnamon
- Olive oil
- Optional: handful of raisins or dried apricots
- Salt, pepper
- Water or broth

Instructions

1. Chop the onion, garlic, and carrot.
2. In a pot, heat oil and sauté onion and garlic until soft.
3. Add carrot, tomato paste, and spices. Stir well.
4. Add chickpeas and about 1–1.5 cups water or broth.
5. Simmer gently for 15–20 minutes, until carrot is soft.
6. Add raisins or apricots at the end if using. Adjust seasoning.

Great — having a freezer changes a lot! It opens the door to:

- **Frozen fish fillets** (salmon, pollock, cod, pangasius — often cheaper and portioned)
- **Frozen seafood mixes** (shrimp, squid, mussels — great for soups or pasta)
- **Batch-cooking** and storing portions of soups, sauces, rice, or stews
- More flexible use of **seasonal fresh produce** (freeze what you don't finish)

Extra - Fish

25. Pan-Fried Fish with Rice & Yogurt Sauce

Crispy fillets with a cool herb-yogurt dip and rice on the side.

Ingredients

- 1–2 frozen white fish fillets (e.g. cod, pollock)
- Rice
- Yogurt, lemon juice, garlic
- Olive oil or butter
- Salt, pepper, flour (for coating)
- Optional: dill, parsley, cucumber

Instructions

1. Thaw fish if frozen. Pat dry, season with salt/pepper.
2. Lightly dust with flour (optional for crisping).
3. Pan-fry in oil/butter ~3–4 min per side.

4. Mix yogurt with garlic, lemon, herbs.
5. Serve fish over rice with yogurt sauce.

26. Tomato-Fish Stew (Moroccan Style)

A lightly spiced stew with tomato, bell pepper, and fish chunks.

Ingredients

- Frozen white fish (200–300g), cut into chunks
- 1 can diced tomatoes
- 1 bell pepper, onion, garlic
- Olive oil
- Spices: cumin, paprika, chili flakes (optional)
- Salt, pepper
- Rice or couscous

Instructions

1. Sauté onion, garlic, and bell pepper.
2. Add tomatoes, spices, and simmer 5–10 min.
3. Add fish chunks and simmer gently until cooked (~8 min).
4. Serve with rice or couscous.

Here is your complete **balanced 3-week dinner plan** in Markdown format, fully updated for your **24 refined meals**. You can now use this directly with **Pandoc** or **Quarto** to generate your PDF.

1.3 Shopping Blocks

1. Shopping Block 1

Meal No.	Meal Name
1	Chickpea Coconut Curry
4	Creamy Mushroom Soup
6	Chicken & Vegetable Stir-Fry with Rice

2. Shopping Block 2

Meal No.	Meal Name
10	Pasta with Mushrooms & Garlic
12	Tomato-Cucumber Salad (Egg-Free)
21	Spaghetti Bolognese

3. Shopping Block 3

Meal No.	Meal Name
5	Egg Fried Rice with Vegetables
19	Classic Tomato Soup
3	Chicken & Vegetable Rice Bowl

4. Shopping Block 4

Meal No.	Meal Name
7	Lentil Soup
2	Pasta with Garlic, Olive Oil & Veggies
13	Mushroom & Cabbage Stir-Fry with Rice

5. Shopping Block 5

Meal No.	Meal Name
17	Tuna Pasta
20	Wrap with Vegetables & Yogurt Sauce
14	Pea & Potato Masala

6. Shopping Block 6

Meal No.	Meal Name
22	Ground Beef & Potato Hash
15	Chicken Rice Porridge (Congee Style)
8	Couscous Salad with Roasted Veggies

7. Shopping Block 7

Meal No.	Meal Name
23	Beef-Stuffed Bell Peppers (Stovetop)
9	Shakshuka (Eggs in Tomato Sauce)
11	Red Bean Chili

8. Shopping Block 8

Meal No.	Meal Name
24	Vegetable & Chickpea Stew
16	Garlic Chicken with Potatoes & Greens
18	Tuna Pasta (Olive Oil or Tomato Base)

Here are the **ingredient-level shopping lists** for each of your 8 blocks, grouped by category and formatted in Markdown — ready for PDF export.

Certainly — here are the **final cleaned-up shopping lists** for each block, without icons or the word “*corrected*” in the headings. Each block includes all previously missing ingredients, organized by category.

Shopping Block 1 – Ingredient List

Staples

- Coconut milk
- Diced tomatoes
- Garlic
- Oil
- Onion
- Salt
- Soy sauce

Fresh

- Bell pepper
- Mushrooms
- Potato

Pantry

- Chickpeas

Protein

- Chicken breast

Optional

- Butter or oil
- Thyme

Shopping Block 2 – Ingredient List

Staples

- Garlic
- Olive oil
- Onion
- Oregano
- Salt
- Vinegar or lemon juice

Fresh

- Cucumber
- Mushrooms
- Tomato

Pantry

- Diced tomatoes or passata
- Pasta

Protein

- Ground beef

Optional

- Cheese (optional)

Shopping Block 3 – Ingredient List

Staples

- Rice
- Soy sauce
- Oil
- Salt
- Pepper
- Garlic
- Onion
- Olive oil or butter

Fresh

- Bell pepper
- 1–2 carrots
- 2–3 eggs

Pantry

- 1 can diced tomatoes
- Frozen vegetables (mixed or peas)

Protein

- Chicken breast

Optional

- Herbs
- Milk or cream (optional)

Shopping Block 4 – Ingredient List

Staples

- Garlic
- Oil
- Olive oil
- Salt
- Soy sauce

Fresh

- Cabbage
- Carrot
- Cherry tomatoes
- Mushrooms
- Spinach

Pantry

- Pasta
- Red lentils

Optional

- Chili flakes (optional)
- Cumin

Shopping Block 5 – Ingredient List

Staples

- Curry powder
- Garlic
- Olive oil
- Salt

Fresh

- Cucumber
- Lettuce
- Potatoes
- Tomato

Pantry

- Flatbread or tortilla

Protein

- Canned tuna
- Yogurt

Optional

- Capers (optional)
- Herbs
- Lemon juice

Shopping Block 6 – Ingredient List

Staples

- Garlic
- Olive oil
- Salt
- Soy sauce

Fresh

- Bell pepper
- Ginger
- Potatoes
- Zucchini

Pantry

- Couscous
- Lemon juice

Protein

- Chicken breast
- Ground beef

Optional

- Herbs
- Paprika (optional)
- Spring onion (optional)

Shopping Block 7 – Ingredient List

Staples

- Garlic
- Oil
- Onion
- Salt

Fresh

- Bell peppers
- Eggs

Pantry

- Cooked rice
- Diced tomatoes
- Red beans
- Tomato paste

Protein

- Ground beef

Optional

- Chili powder
- Cumin
- Paprika

Shopping Block 8 – Ingredient List

Staples

- Garlic
- Olive oil
- Salt

Fresh

- Carrot
- Frozen spinach
- Mushrooms
- Potatoes

Pantry

- Capers (optional)
- Chickpeas
- Cinnamon
- Cumin
- Olives (optional)
- Paprika
- Pasta
- Raisins (optional)
- Tomato paste
- Tomatoes (optional)

Protein

- Chicken breast
- Tuna

1.4 Price Estimates

Certainly — here are the **updated price estimates** for each of your 8 shopping blocks, reflecting the corrected ingredient lists and current 2025 prices in a West Germany setting like **Heidelberg (Aldi/Rewe)**.

Shopping Block 1

Coconut curry, mushroom soup, chicken stir-fry

- **Estimated cost:** €16 – €21
- Includes: coconut milk, chickpeas, diced tomatoes, mushrooms, chicken, bell pepper, basic spices

Shopping Block 2

Pasta with mushrooms, salad, spaghetti Bolognese

- **Estimated cost:** €18 – €24
- Includes: pasta, beef, diced tomatoes, mushrooms, cucumber, cheese, herbs

Shopping Block 3

Egg fried rice, tomato soup, chicken rice bowl

- **Estimated cost:** €15 – €20
- Includes: chicken, eggs, carrots, bell pepper, canned tomatoes, frozen veg

Shopping Block 4

Lentil soup, pasta aglio e olio, cabbage stir-fry

- **Estimated cost:** €13 – €18
- Includes: lentils, spinach, cherry tomatoes, cabbage, pasta, mushrooms

Shopping Block 5

Tuna pasta, veggie wraps, pea & potato masala

- **Estimated cost:** €14 – €19
- Includes: canned tuna, yogurt, lettuce, flatbread, curry spices, peas, potatoes

Shopping Block 6

Beef hash, couscous salad, chicken congee

- **Estimated cost:** €17 – €22
- Includes: ground beef, chicken breast, couscous, zucchini, lemon, ginger

Shopping Block 7

Stuffed peppers, shakshuka, chili

- **Estimated cost:** €16 – €21
- Includes: ground beef, eggs, bell peppers, canned beans, tomato paste, spices

Shopping Block 8

Chickpea stew, garlic chicken, tuna pasta

- **Estimated cost:** €15 – €20
- Includes: chickpeas, chicken, frozen spinach, tuna, pasta, spices like cumin, paprika, cinnamon

Summary

- **Lowest per-block range:** €13–14
- **Highest per-block range:** €22–24
- **Average per block:** ~€15.50–€20.60
- **Monthly total (4-week scaling):** ~€165–€220