

THE F'F'FUSS FREE FOOD FILE

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Arthur J. Bloatworthy III
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Foreword

The menus provide four different meals for each week. You make a double amount for one meal and then have the rest for the next meal, so a micro-wave oven would be useful. One meal in every seven is some kind of quick or easily prepared meal. The ingredients for each menu are accumulated into a fortnightly shopping list. The shopping lists and check lists cover two weeks food (for main meals) for two people. Most of them are one pan meals. You will need:

- 3 litre casserole dish.
- 2 litre saucepan.
- 35 cm wok.
- 3 litre mixing bowl.

Vegetables will not last for more than about a week, so there is a mid fortnight vegetable shopping list. Vegetables will last better if kept in an air tight box, lined with a tea towel, in the fridge. Meat will need to be frozen and dairy products will need to be re-refrigerated. No other shopping is required.

All measurements using spoons are heaped, as much as they can be heaped.

tsp teaspoon.

dsp dessert spoon.

tbsp table spoon.

Fuss Free Food File

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Menu A

[1-2] Meat stew and dumplings
 [3-4] Onion and tomato lasagna
 [5-6] Chicken with cabbage and peanuts
 [7] Quick Beans and fried eggs in pitta
 [8-9] Egg and vegetable curry
 [10-11] Lentil shepherds pie
 [12-13] Chickpea risotto
 [14] Quick Tortellini and parmesan cheese

Shopping List

Vegetables

cabbage 750 g [5-6]
 carrots 400 g [1-2]
 celery 400 g [1-2]
 onions 350 g [1-2]
 onions 700 g [3-4]
 potatoes 1200 g [1-2]
 red chillis 2 [5-6]

Dairy

cheese 150 g [3-4]
 eggs 2 [7]
 eggs 4 [8-9]
 milk 100 ml [3-4]
 soured cream 300 ml [3-4]

Beginning of Winter

Groceries

baked beans 400 g [7]
 canned chick peas 400 g [12-13]
 canned tomatoes 2*400 g [12-13]
 canned tomatoes 400 g [3-4]
 green lentils 250 g [10-11]
 lasagna 200 g [3-4]
 noodles 400 g [5-6]
 peanuts 3 tbsp [5-6]
 pitta bread 4 [7]
 raisins 75 g [12-13]
 rice 400 g [12-13]
 rice 400 g [8-9]
 tomato puree 150 g [8-9]
 tomato puree 75 g [1-2]
 tomato puree 75 g [10-11]
 tortellini 250 g [14]

Meat

chicken 300 g [5-6]
 meat 400 g [1-2]

Checklist

black bean sauce [5-6]
 chilli powder [1-2]
 creamed coconut [8-9]
 curry powder [8-9]
 flour [8-9]
 grated parmesan [14]
 ground coriander [10-11]
 ground cumin [10-11]
 marjoram [10-11]
 miso [10-11]
 mixed herbs [1-2]
 mustard seed [8-9]
 oil [1-2]
 oil [10-11]
 oil [12-13]
 oil [3-4]
 oil [5-6]
 oil [7]
 oil [8-9]
 self raising flour [1-2]
 stock cube [1-2]
 stock cube [10-11]
 stock cube [12-13]
 suet [1-2]
 sunflower seed [10-11]

Other Shopping

Extra Vegetables

carrots 200 g [10-11]
 celery 400 g [10-11]
 garlic 4 cloves [12-13]
 garlic 5 cloves [10-11]
 mange tout 400 g [8-9]
 onions 350 g [8-9]
 onions 400 g [12-13]
 onions 700 g [10-11]
 potatoes 1000 g [10-11]
 red chilli 1 [12-13]
 spinach 250 g [12-13]
 sweet potatoes 1000 g [12-13]

Extra Other Shopping

Meals 1 and 2 Meat stew and dumplings

1200 g potatoes (washed)	75 g tomato puree
350 g onions (chopped)	0.5 tsp chilli powder
400 g meat (sliced)	1 stock cube (crumbled)
400 g carrots (chopped)	75 g self raising flour
400 g celery (chopped)	75 g suet
2 tbsp oil	0.5 tsp mixed herbs

- Bake 1200 g washed potatoes (200C, Gas 5, 380F) for 40 minutes.
- In a wok fry 350 g chopped onions, 400 g sliced meat, 400 g chopped carrots and 400 g chopped celery in 2 tbsp oil until meat done.
- Stir in 75 g tomato puree, 0.5 tsp chilli powder, 1 crumbled stock cube, 500 ml water and simmer for 50 minutes.
- In a mixing bowl mix 75 g self raising flour, 75 g suet, 0.5 tsp mixed herbs and 100 ml water and knead into 8 balls. Put balls in stew, cover and simmer for 15 minutes.

Meals 3 and 4 Onion and tomato lasagna

700 g onions (chopped)	150 g cheese (grated)
2 tbsp oil	300 ml soured cream
400 g canned tomatoes (chopped)	100 ml milk
200 g lasagna	

- In a wok fry 700 g chopped onions in 2 tbsp oil until soft.
- Stir in 400 g chopped canned tomatoes and warm through.
- In a casserole dish layer 200 g lasagna, tomato mix and 150 g grated cheese 3 times.
- In a bowl mix 300 ml soured cream with 100 ml milk and pour on top of the lasagna.
- Bake (200C, Gas 5, 380F) for 50 minutes.

Meals 5 and 6 Chicken with cabbage and peanuts

400 g noodles	300 g chicken (sliced)
3 tbsp peanuts	750 g cabbage (sliced)
2 tbsp oil	1 tbsp black bean sauce
2 red chillis	

- In a saucepan put 400 g noodles, pour on 800 ml boiling water cover and stand for 10 minutes, then drain.
- In a wok fry 3 tbsp peanuts in 2 tbsp oil then remove.
- Fry 2 red chillis in the oil for 2 minutes.
- Stir in 300 g sliced chicken and 750 g sliced cabbage, fry until meat is done.
- Stir in 1 tbsp black bean sauce and fry for 2 minutes.
- Sprinkle with the peanuts.

Meal 7 Quick Beans and fried eggs in pitta

400 g baked beans	1 tbsp oil
2 eggs	4 pitta bread

- In a saucepan warm 400 g baked beans.
- In a wok fry 2 eggs in 1 tbsp oil.
- Grill 4 pitta bread.

Meals 8 and 9 Egg and vegetable curry

4 eggs	2 tsp mustard seed
400 g rice	2 tbsp flour
350 g onions (chopped)	150 g tomato puree
2 tbsp oil	50 g creamed coconut (crumbled)
1 tbsp curry powder	400 g mange tout (halved)

- In a saucepan hard boil 4 eggs, peel them and chop them in half.
- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 350 g chopped onions in 2 tbsp oil until soft.
- Stir in 1 tbsp curry powder and 2 tsp mustard seed and fry until mustard seeds start to pop.
- Stir in 2 tbsp flour until it is all absorbed.
- Stir in 150 g tomato puree, 50 g crumbled creamed coconut and 400 ml water and warm through.
- Stir in 400 g halved mange tout and the eggs and simmer for 10 minutes.

Meals 10 and 11 Lentil shepherds pie

1000 g potatoes	1 stock cube (crumbled)
700 g onions (chopped)	75 g tomato puree
5 cloves garlic (crushed)	1 tsp marjoram
400 g celery (chopped)	1 tsp ground cumin
200 g carrots (sliced)	2 tsp ground coriander
2 tbsp oil	3 tsp miso
250 g green lentils	50 g sunflower seed

- In a saucepan boil 1000 g potatoes then mash.
- In a wok fry 700 g chopped onions, 5 cloves crushed garlic, 400 g chopped celery and 200 g sliced carrots in 2 tbsp oil until soft.
- Stir in 250 g green lentils, 1 crumbled stock cube, 75 g tomato puree, 650 ml water, 1 tsp marjoram, 1 tsp ground cumin and 2 tsp ground coriander, bring to boil, then simmer for 30 minutes.
- Take off heat and stir in 3 tsp miso. Put in a casserole dish, cover with the potatoes and sprinkle with 50 g sunflower seed then bake (200C, Gas 5, 380F) for 30 minutes.

Meals 12 and 13 Chickpea risotto

400 g onions (chopped)	1 stock cube (crumbled)
4 cloves garlic (crushed)	1000 g sweet potatoes (sliced)
2 tbsp oil	2*400 g canned tomatoes (chopped)
250 g spinach (hacked)	1 red chilli (chopped)
400 g canned chick peas (drained)	400 g rice
75 g raisins	

- In a wok fry 400 g chopped onions and 4 cloves crushed garlic in 2 tbsp oil until soft.
- Stir in 250 g hacked spinach and cook until wilted.
- Stir in 400 g drained canned chick peas, 75 g raisins, 1 crumbled stock cube, 1000 g sliced sweet potatoes, 2*400 g chopped canned tomatoes and 1 chopped red chilli, and warm through.
- Stir in 400 g rice and 750 ml water, simmer until rice is done.

Meal 14 Quick Tortellini and parmesan cheese

250 g tortellini	20 g grated parmesan
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- In a saucepan heat 1500 ml water then add 250 g tortellini, boil for 12 minutes then drain
- Sprinkle with 20 g grated parmesan.

Menu B

[1-2] Aubergine and peppers
 [3-4] Potatoes Russian style
 [5-6] Lentils and spicy sausage
 [7] Quick Baked bean pizza
 [8-9] Mushroom stew
 [10-11] Beans Caribbean style
 [12-13] Tomatoes Indian style
 [14] Quick Bacon and mushroom pasta

Shopping List

Vegetables

aubergine 400 g [1-2]
 courgettes 400 g [1-2]
 garlic 4 cloves [1-2]
 garlic 4 cloves [3-4]
 garlic 4 cloves [5-6]
 green peppers 150 g [1-2]
 onions 350 g [1-2]
 onions 350 g [5-6]
 potatoes 1200 g [1-2]
 potatoes 3000 g [3-4]
 red peppers 150 g [1-2]
 tomatoes 400 g [1-2]

Dairy

cheese 100 g [14]
 cheese 100 g [7]
 cheese 150 g [3-4]
 cottage cheese 1 large carton [3-4]
 sour cream 300 ml [3-4]

Groceries

canned baked beans 400 g [7]
 canned chick peas 400 g [10-11]
 canned kidney beans 400 g [10-11]
 canned tomatoes 2*400 g [5-6]
 cous cous 400 g [10-11]
 lentils 250 g [5-6]
 pearl barley 150 g [8-9]
 pizza bases 2*9 inch [7]
 rice 400 g [12-13]
 rice 400 g [5-6]
 tagliatelli 250 g [14]
 tagliatelli 450 g [8-9]
 tomato puree 150 g [1-2]
 tomato puree 150 g [10-11]

Meat

bacon 100 g [5-6]
 bacon 150 g [14]
 spicy sausage 250 g [5-6]

Checklist

asafetida [12-13]
 chilli powder [5-6]
 cumin seeds [12-13]
 mixed herbs [7]
 oil [1-2]
 oil [10-11]
 oil [12-13]
 oil [14]
 oil [5-6]
 oil [8-9]
 sherry [8-9]
 soy sauce [8-9]
 stock cube [8-9]

Other Shopping

Extra Vegetables

garlic 3 cloves [10-11]
 garlic 4 cloves [8-9]
 green peppers 150 g [10-11]
 mushrooms 200 g [14]
 mushrooms 600 g [8-9]
 onions 350 g [10-11]
 onions 350 g [12-13]
 onions 375 g [8-9]
 red chilli 1 [12-13]
 tomatoes 1 kg [12-13]

Extra Other Shopping

Meals 1 and 2 Aubergine and peppers

1200 g potatoes (washed)	150 g green peppers (sliced)
350 g onions (sliced)	400 g aubergine (sliced)
4 cloves garlic (crushed)	400 g courgettes (sliced)
4 tbsp oil	150 g tomato puree
150 g red peppers (sliced)	400 g tomatoes (chopped)

- Bake 1200 g washed potatoes (200C, Gas 5, 380F) for 40 minutes.
- In a wok fry 350 g sliced onions and 4 cloves crushed garlic in 4 tbsp oil until soft.
- Stir in 150 g sliced red peppers, 150 g sliced green peppers, 400 g sliced aubergine, 400 g sliced courgettes, 150 g tomato puree, 100 ml water and 400 g chopped tomatoes, and bring to the boil.
- Put in a casserole dish and bake (200C, Gas 5, 380F) for 40 minutes.

Meals 3 and 4 Potatoes Russian style

3000 g potatoes (cubed)	150 g cheese (grated)
1 large carton cottage cheese	4 cloves garlic (crushed)
300 ml sour cream	

- In a saucepan boil 3000 g cubed potatoes until not quite done then drain.
- Stir in 1 large carton cottage cheese, 300 ml sour cream, 150 g grated cheese and 4 cloves crushed garlic.
- Put in casserole dish and bake (200C, Gas 5, 380F) for 1 hour.

Meals 5 and 6 Lentils and spicy sausage

400 g rice	250 g lentils
350 g onions (chopped)	2*400 g canned tomatoes
4 cloves garlic (crushed)	250 g spicy sausage (sliced)
100 g bacon (chopped)	1 tsp chilli powder
3 tbsp oil	

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 350 g chopped onions, 4 cloves crushed garlic and 100 g chopped bacon in 3 tbsp oil until bacon done.
- Stir in 250 g lentils, 2*400 g canned tomatoes, 250 g sliced spicy sausage, 1 tsp chilli powder and 400 ml water and simmer for 25 minutes.

Meal 7 Quick Baked bean pizza

400 g canned baked beans	100 g cheese (grated)
2*9 inch pizza bases	1 tsp mixed herbs

- Spread 400 g canned baked beans on 2*9 inch pizza bases cover with 100 g grated cheese and sprinkle on 1 tsp mixed herbs.
- Bake (240C, Gas 9, 475F) 20 minutes.

Meals 8 and 9 Mushroom stew

375 g onions (chopped)	4 tbsp soy sauce
2 tbsp oil	5 tbsp sherry
600 g mushrooms	1 stock cube (crumbled)
4 cloves garlic (crushed)	450 g tagliatelli
150 g pearl barley	

- In a wok fry 375 g chopped onions in 2 tbsp oil until soft.
- Stir in 600 g mushrooms and 4 cloves crushed garlic and cook until mushrooms start to wilt.
- Stir in 150 g pearl barley, 4 tbsp soy sauce, 5 tbsp sherry, 1 crumbled stock cube and 450 ml water and simmer for 25 minutes.
- In a saucepan heat 2000 ml water then add 450 g tagliatelli, boil for 12 minutes then drain.

Meals 10 and 11 Beans Caribbean style

400 g canned kidney beans	3 cloves garlic (crushed)
400 g canned chick peas	150 g tomato puree
350 g onions (chopped)	2 tbsp oil
150 g green peppers (chopped)	400 g cous cous

- In a wok heat up 400 g canned kidney beans and 400 g canned chick peas in their liquid.
- Stir in 350 g chopped onions, 150 g chopped green peppers and 3 cloves crushed garlic, cover and simmer for 50 minutes.
- Stir in 150 g tomato puree and 2 tbsp oil, cover and simmer for 30 minutes. (Keep the beans covered with liquid, by adding more water if necessary.)
- In a saucepan pour 800 ml boiling water on 400 g cous cous, cover and stand for 10 minutes.

Meals 12 and 13 Tomatoes Indian style

400 g rice	1 red chilli (chopped)
4 tbsp oil	350 g onions (chopped)
0.5 tsp asafetida	1 kg tomatoes (chopped)
2 tsp cumin seeds	

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok heat 4 tbsp oil, 0.5 tsp asafetida, and 2 tsp cumin seeds until the cumin sizzles.
- Stir in 1 chopped red chilli and 350 g chopped onions and fry until soft.
- Stir in 1 kg chopped tomatoes and simmer for 10 minutes.

Meal 14 Quick Bacon and mushroom pasta

250 g tagliatelli	1 tbsp oil
150 g bacon (chopped)	100 g cheese (grated)
200 g mushrooms (sliced)	

- In a saucepan heat 1500 ml water then add 250 g tagliatelli, boil for 12 minutes then drain.
- In a wok fry 150 g chopped bacon and 200 g sliced mushrooms in 1 tbsp oil for 5 minutes.
- Stir in the pasta (cooked and drained) and 100 g grated cheese and warm through.

Menu C

[1-2] Aubergine and chickpeas
 [3-4] Meat goulash
 [5-6] Tagliatelli and mushroom sauce
 [7] Quick Garlic beans
 [8-9] Sweet and Sour Celery
 [10-11] Sausage and potatoes German style
 [12-13] Tomato spaghetti
 [14] Quick Peas and bacon

Shopping List

Vegetables

aubergine 1000 g [1-2]
 garlic 2 cloves [3-4]
 garlic 3 cloves [7]
 mushrooms 700 g [5-6]
 onions 400 g [3-4]
 onions 400 g [5-6]
 onions 700 g [1-2]
 potatoes 1200 g [3-4]
 red peppers 150 g [3-4]

Dairy

cheddar cheese 200 g [5-6]
 single cream 140 ml [5-6]
 sour cream 150 ml [3-4]

Groceries

canned baked beans 400 g [7]
 canned chickpeas 400 g [1-2]
 canned tomatoes 2*400 g [12-13]
 canned tomatoes 400 g [1-2]
 canned tomatoes 400 g [3-4]
 canned tomatoes 400 g [8-9]
 grated parmesan 50 g [5-6]
 oil 1 tbsp [14]
 oil 3 tbsp [5-6]
 oil 7 tbsp [1-2]
 olives 200 g [8-9]
 pita bread 4 [7]
 rice 400 g [1-2]
 rice 400 g [8-9]
 spaghetti 450 g [12-13]
 stock cube 1 [1-2]
 sugar 2 tsp [12-13]
 tagliatelli 450 g [5-6]

Meat

bacon 250 g [14]
 meat 400 g [3-4]
 sausages 500 g [10-11]

Checklist

basil [12-13]
 cloves [8-9]
 flour [3-4]
 ground cinnamon [8-9]
 nutmeg [5-6]
 oil [12-13]
 oil [3-4]
 oil [7]
 oil [8-9]
 paprika [3-4]
 sherry [5-6]
 sugar [8-9]
 wine vinegar [8-9]

Other Shopping

Extra Vegetables

butter 25 g [10-11]
 celery 400 g [8-9]
 eating apples 500 g [10-11]
 frozen peas 800 g [14]
 garlic 3 cloves [12-13]
 lemon 1 [12-13]
 onions 200 g [14]
 onions 200 g [8-9]
 onions 300 g [12-13]
 potatoes 1500 g [10-11]

Extra Other Shopping

Meals 1 and 2 Aubergine and chickpeas

700 g onions (chopped)	400 g canned tomatoes (chopped)
7 tbsp oil	1 stock cube (crumbled)
1000 g aubergine (cubed)	400 g rice
400 g canned chickpeas (drained)	

- In a wok fry 700 g chopped onions in 7 tbsp oil until soft.
- Stir in 1000 g cubed aubergine and fry until aubergines are done.
- Stir in 400 g drained canned chickpeas, 400 g chopped canned tomatoes and 1 crumbled stock cube. Put in casserole dish and bake (200C, Gas 5, 380F) 40 minutes.
- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Meals 3 and 4 Meat goulash

400 g onions (chopped)	1 tsp paprika
2 cloves garlic (crushed)	400 g canned tomatoes (chopped)
400 g meat (sliced)	150 g red peppers (sliced)
4 tbsp oil	1200 g potatoes (washed)
1 tbsp flour	150 ml sour cream

- In a wok fry 400 g chopped onions, 2 cloves crushed garlic and 400 g sliced meat in 4 tbsp oil until meat sealed.
- Stir in 1 tbsp flour, 1 tsp paprika, 400 g chopped canned tomatoes and 150 g sliced red peppers.
- Put in casserole dish and bake (160C, Gas 3, 325F) 50 minutes.
- Bake 1200 g washed potatoes (200C, Gas 5, 380F) for 40 minutes.
- Stir in 150 ml sour cream to the goulash before serving.

Meals 5 and 6 Tagliatelli and mushroom sauce

450 g tagliatelli	2 tsp nutmeg (grated)
400 g onions (chopped)	140 ml single cream
3 tbsp oil	50 g grated parmesan
700 g mushrooms (chopped)	200 g cheddar cheese (grated)
2 tbsp sherry	

- In a saucepan heat 2000 ml water then add 450 g tagliatelli, boil for 12 minutes then drain.
- In a wok fry 400 g chopped onions in 3 tbsp oil until soft.
- Stir in 700 g chopped mushrooms, 2 tbsp sherry, 200 ml boiling water and 2 tsp grated nutmeg, cover and simmer for 3 minutes.
- Stir in 140 ml single cream and the drained pasta and warm through.
- Sprinkle with 50 g grated parmesan and 200 g grated cheddar cheese.

Meal 7 Quick Garlic beans

3 cloves garlic (crushed)	400 g canned baked beans
1 tbsp oil	4 pita bread (warmed)

- In a wok fry 3 cloves crushed garlic in 1 tbsp oil until soft.
- Stir in 400 g canned baked beans and warm through.
- Serve with 4 warmed pita bread.

Meals 8 and 9 Sweet and Sour Celery

400 g rice	3 tbsp wine vinegar
400 g celery (sliced)	1 tbsp sugar
200 g onions (chopped)	4 cloves
4 tbsp oil	1 tsp ground cinnamon
400 g canned tomatoes (chopped)	200 g olives

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 400 g sliced celery and 200 g chopped onions in 4 tbsp oil until soft.
- Stir in 400 g chopped canned tomatoes and simmer for 10 minutes.
- Stir in 3 tbsp wine vinegar, 1 tbsp sugar, 4 cloves, 1 tsp ground cinnamon, 200 g olives and the celery and simmer for 10 minutes.

Meals 10 and 11 Sausage and potatoes German style

1500 g potatoes (chopped)	25 g butter
500 g eating apples	500 g sausages

- In a saucepan boil 1500 g chopped potatoes until nearly done.
- Put in 500 g eating apples and simmer until apples soft.
- Drain and mash with 25 g butter.
- Grill 500 g sausages and serve with the potatoes.

Meals 12 and 13 Tomato spaghetti

300 g onions (chopped)	2 tsp sugar
3 cloves garlic (crushed)	1 lemon
3 tbsp oil	1 tsp basil
2*400 g canned tomatoes (chopped)	450 g spaghetti

- In a wok fry 300 g chopped onions and 3 cloves crushed garlic in 3 tbsp oil for 1 minute.
- Stir in 2*400 g chopped canned tomatoes, 2 tsp sugar, the juice of 1 lemon, 1 tsp basil and simmer for 30 minutes.
- In a saucepan heat 2000 ml water then add 450 g spaghetti, boil for 12 minutes then drain.

Meal 14 Quick Peas and bacon

200 g onions (chopped)	1 tbsp oil
250 g bacon (chopped)	800 g frozen peas

- In a wok fry 200 g chopped onions, 250 g chopped bacon in 1 tbsp oil until browned.
- Stir in 800 g frozen peas and warm through.

Menu D

[1-2] Vegetable mousaka
 [3-4] Chickpea and spinach curry
 [5-6] Courgettes and bacon
 [7] Quick Tagliatelli and olive oil
 [8-9] Chicken curry
 [10-11] Lentil and vegetable curry
 [12-13] Sweet corn pizza
 [14] Quick Fish fingers and baked beans

Shopping List

Vegetables

aubergine 1000 g [1-2]
 courgettes 400 g [5-6]
 garlic 2 cloves [5-6]
 garlic 4 cloves [1-2]
 garlic 4 cloves [3-4]
 garlic 4 cloves [7]
 mushrooms 100 g [1-2]
 mushrooms 500 g [3-4]
 onions 400 g [1-2]
 onions 400 g [3-4]
 onions 400 g [5-6]
 potatoes 1200 g [5-6]
 potatoes 500 g [1-2]
 red chilli 1 [7]
 spinach 500 g [3-4]
 tomatoes 500 g [1-2]

Dairy

eggs 2 [1-2]
 eggs 2 [5-6]
 mature cheese 100 g [5-6]
 mature cheese 150 g [1-2]
 mature cheese 200 g [12-13]
 milk 200 ml [1-2]
 milk 4 tbsp [5-6]
 natural yoghurt 150 ml [1-2]

Winter Solstice

Groceries

anchovy fillets 100 g [12-13]
 canned baked beans 400 g [14]
 canned chickpeas 400 g [3-4]
 canned evaporated milk 400 g [8-9]
 canned sweetcorn 200 g [12-13]
 canned tomatoes 400 g [10-11]
 cashew nuts 2 tbsp [10-11]
 cous cous 400 g [10-11]
 fish fingers 8 [14]
 grated parmesan 50 g [7]
 olives 200 g [7]
 pineapple chunks 200 g [12-13]
 pizza bases 4*9 inch [12-13]
 red lentils 225 g [10-11]
 rice 400 g [3-4]
 rice 400 g [8-9]
 tagliatelli 250 g [7]
 tomato puree 150 g [1-2]
 tomato puree 300 g [12-13]

Meat

bacon 6 rashers [5-6]
 chicken 400 g [8-9]

Checklist

bay leaf [7]
 cinnamon [10-11]
 creamed coconut [10-11]
 cumin seeds [10-11]
 cumin seeds [3-4]
 curry powder [10-11]
 curry powder [8-9]
 garam masala [3-4]
 mixed herbs [1-2]
 mustard seeds [10-11]
 oil [1-2]
 oil [10-11]
 oil [3-4]
 oil [5-6]
 oil [8-9]
 olive oil [7]
 oregano [12-13]
 soya sauce [3-4]

Other Shopping

Extra Vegetables

carrots 100 g [10-11]
 garlic 2 cloves [10-11]
 garlic 2 cloves [8-9]
 green peppers 150 g [12-13]
 lemon 1 [10-11]
 onion 400 g [10-11]
 onions 350 g [8-9]
 red peppers 150 g [10-11]
 tomatoes 400 g [12-13]

Extra Other Shopping

Meals 1 and 2 Vegetable mousaka

500 g potatoes (sliced)	150 g tomato puree
400 g onions (sliced)	1 tsp mixed herbs
1000 g aubergine (sliced)	2 eggs
4 tbsp oil	150 ml natural yoghurt
4 cloves garlic (crushed)	200 ml milk
100 g mushrooms (sliced)	150 g mature cheese (grated)
500 g tomatoes (chopped)	

- In a saucepan boil 500 g sliced potatoes until soft, then drain.
- In a wok fry 400 g sliced onions and 1000 g sliced aubergine in 4 tbsp oil until soft.
- Stir in 4 cloves crushed garlic, 100 g sliced mushrooms, 500 g chopped tomatoes, 150 g tomato puree, 3 tbsp water and 1 tsp mixed herbs, and simmer for 10 minutes.
- Put everything in a casserole dish and bake (200C, Gas 5, 380F) 30 minutes.
- In a mixing bowl beat together 2 eggs, 150 ml natural yoghurt and 200 ml milk. Pour on the casserole dish, sprinkle with 150 g grated mature cheese and bake (200C, Gas 5, 380F) 20 minutes.

Meals 3 and 4 Chickpea and spinach curry

400 g rice	500 g spinach (hacked)
2 tsp cumin seeds	500 g mushrooms (sliced)
4 tbsp oil	400 g canned chickpeas (drained)
4 cloves garlic (crushed)	2 tbsp soya sauce
400 g onions (chopped)	2 tsp garam masala

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 2 tsp cumin seeds in 4 tbsp oil for 2 minutes.
- Stir in 4 cloves crushed garlic and 400 g chopped onions and fry until until soft.
- Stir in 500 g hacked spinach, 500 g sliced mushrooms, 400 g drained canned chickpeas, 2 tbsp soya sauce and 2 tsp garam masala and simmer until spinach wilts.

Meals 5 and 6 Courgettes and bacon

1200 g potatoes (washed)	6 rashers bacon (chopped)
400 g courgettes (sliced)	100 g mature cheese (grated)
400 g onions (sliced)	2 eggs (beaten)
2 cloves garlic (crushed)	4 tbsp milk
2 tbsp oil	

- Bake 1200 g washed potatoes (200C, Gas 5, 380F) for 40 minutes, then slice.
- In a wok fry 400 g sliced courgettes, 400 g sliced onions and 2 cloves crushed garlic. in 2 tbsp oil until soft.
- Stir in 6 rashers chopped bacon, 100 g grated mature cheese, 2 beaten eggs, and 4 tbsp milk. Layer in a casserole dish with the potatoes and bake (200C, Gas 5, 380F) 35 minutes.

Meal 7 Quick Tagliatelli and olive oil

250 g tagliatelli	4 tbsp olive oil
4 cloves garlic (crushed)	200 g olives
1 bay leaf (crumbled)	50 g grated parmesan
1 red chilli (chopped)	

- In a saucepan heat 1500 ml water then add 250 g tagliatelli, boil for 12 minutes then drain, save 150 ml of the water.
- In a wok fry 4 cloves crushed garlic, 1 crumbled bay leaf and 1 chopped red chilli in 4 tbsp olive oil until garlic browns.
- Stir in the tagliatelli, the water and 200 g olives and simmer for 3 minutes.
- Sprinkle with 50 g grated parmesan.

Meals 8 and 9 Chicken curry

400 g rice	2 tbsp curry powder
350 g onions (chopped)	400 g chicken (sliced)
2 cloves garlic (crushed)	400 g canned evaporated milk
3 tbsp oil	

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 350 g chopped onions 2 cloves crushed garlic in 3 tbsp oil until soft.
- Stir in 2 tbsp curry powder, 400 g sliced chicken and cook until done.
- Stir in 400 g canned evaporated milk and simmer for 10 minutes, stirring constantly (it burns easily).

Meals 10 and 11 Lentil and vegetable curry

225 g red lentils	150 g red peppers (chopped)
1 tsp cumin seeds	400 g canned tomatoes (chopped)
1 tsp mustard seeds	100 g creamed coconut
1 tsp cinnamon (ground)	1 tbsp curry powder
4 tbsp oil	2 tbsp cashew nuts
400 g onion (chopped)	1 lemon
2 cloves garlic (crushed)	400 g cous cous
100 g carrots (sliced)	

- In a saucepan in 450 ml water cook 225 g red lentils until soft.
- In a wok fry 1 tsp cumin seeds, 1 tsp mustard seeds, and 1 tsp ground cinnamon in 4 tbsp oil.
- Stir in 400 g chopped onion, 2 cloves crushed garlic, 100 g sliced carrots, 150 g chopped red peppers and 400 g chopped canned tomatoes, and simmer for 5 minutes.
- Stir in the lentils, 100 g creamed coconut, 1 tbsp curry powder, 2 tbsp cashew nuts and juice of 1 lemon.
- In a saucepan pour 800 ml boiling water on 400 g cous cous, cover and stand for 10 minutes.

Meals 12 and 13 Sweet corn pizza

4*9 inch pizza bases	100 g anchovy fillets
300 g tomato puree	200 g pineapple chunks
400 g tomatoes (chopped)	200 g mature cheese (grated)
200 g canned sweetcorn	2 tsp oregano
150 g green peppers (chopped)	

- On 4*9 inch pizza bases spread 300 g tomato puree, 400 g chopped tomatoes, 200 g canned sweetcorn, 150 g chopped green peppers, 100 g anchovy fillets, 200 g pineapple chunks, 200 g grated mature cheese and 2 tsp oregano.
- Bake (240C, Gas 9, 475F) 20 minutes or until golden.

Meal 14 Quick Fish fingers and baked beans

400 g canned baked beans	8 fish fingers
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- In a saucepan heat up 400 g canned baked beans.
- Grill 8 fish fingers.

Menu E

[1-2] Lentil dhansak
 [3-4] Spaghetti and pasta sauce
 [5-6] Potatoes American style
 [7] Quick Egg and chips
 [8-9] Chicken pilaf
 [10-11] Vegetable shepherds pie
 [12-13] Onion pizza
 [14] Quick Pasta and pesto

Shopping List

Vegetables

canned tomatoes 400 g [1-2]
 carrots 100 g [1-2]
 garlic 2 cloves [1-2]
 garlic 2 cloves [5-6]
 garlic 3 cloves [3-4]
 lemon 1 [1-2]
 mushrooms 100 g [3-4]
 onion 200 g [1-2]
 onions 200 g [5-6]
 onions 400 g [3-4]
 potatoes 1500 g [5-6]
 red peppers 150 g [1-2]
 spring onions 5 [5-6]

Dairy

butter 50 g [10-11]
 cream 85 ml [5-6]
 eggs 4 [7]
 milk 4 tbsp [10-11]
 tasty cheese 150 g [5-6]

Groceries

anchovy fillets 100 g [12-13]
 canned borlotti beans 400 g [10-11]
 canned tomatoes 400 g [5-6]
 canned tuna fish 150 g [14]
 cashew nuts 2 tbsp [1-2]
 flaked almonds 100 g [8-9]
 mayonaise 200 g [10-11]
 oven ready chips 800 g [7]
 pasta sauce 450 g [3-4]
 pasta whirls 250 g [14]
 pesto 100 g [14]
 pitted olives 200 g [12-13]
 pizza bases 4*9 inch [12-13]
 red lentils 225 g [1-2]
 rice 400 g [1-2]
 rice 400 g [8-9]
 spaghetti 450 g [3-4]

Meat

chicken 600 g [8-9]
 minced meat 400 g [3-4]

Checklist

cinnamon stick [1-2]
 cinnamon stick [8-9]
 cloves [8-9]
 creamed coconut [1-2]
 cumin seeds [1-2]
 curry powder [1-2]
 ground cumin [8-9]
 ground turmeric [5-6]
 horseraddish [10-11]
 mixed herbs [12-13]
 mixed herbs [5-6]
 mustard seeds [1-2]
 oil [12-13]
 oil [5-6]
 oil [7]
 oil [8-9]
 stock cube [8-9]
 sunflower seeds [10-11]

Other Shopping

Extra Vegetables

carrots 300 g [10-11]
 garlic 2 cloves [12-13]
 garlic 5 cloves [8-9]
 onions 1000 g [12-13]
 onions 200 g [8-9]
 parsnips 300 g [10-11]
 potatoes 1000 g [10-11]
 swedes 300 g [10-11]

Extra Other Shopping

Meals 1 and 2 Lentil dhansak

400 g rice	5 cm cinnamon stick
200 g onion (finely chopped)	400 g canned tomatoes (chopped)
2 cloves garlic (crushed)	2 tbsp cashew nuts
100 g carrots (sliced)	120 ml creamed coconut
1 tbsp curry powder	225 g red lentils
1 tsp cumin seeds	150 g red peppers (chopped)
1 tsp mustard seeds	1 lemon

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 200 g finely chopped onion, 2 cloves crushed garlic and 100 g sliced carrots until soft.
- Stir in 1 tbsp curry powder, 1 tsp cumin seeds, 1 tsp mustard seeds and 5 cm cinnamon stick and fry for 2 minutes.
- Stir in 400 g chopped canned tomatoes, 2 tbsp cashew nuts, 120 ml creamed coconut, 225 g red lentils and 150 g chopped red peppers and simmer for 20 minutes.
- Add juice of 1 lemon and warm.

Meals 3 and 4 Spaghetti and pasta sauce

400 g onions	100 g mushrooms (sliced)
400 g minced meat	450 g pasta sauce
3 cloves garlic (crushed)	450 g spaghetti

- In a wok fry 400 g onions, 400 g minced meat, 3 cloves crushed garlic and 100 g sliced mushrooms.
- Stir in 450 g pasta sauce, and warm through.
- In a saucepan heat 2000 ml water then add 450 g spaghetti, boil for 12 minutes then drain.

Meals 5 and 6 Potatoes American style

1500 g potatoes (sliced)	2 tbsp oil
5 spring onions (chopped)	2 tsp mixed herbs
2 tsp ground turmeric	400 g canned tomatoes (chopped)
200 g onions (chopped)	150 g tasty cheese (grated)
2 cloves garlic (crushed)	85 ml cream

- In a saucepan boil 1500 g sliced potatoes and 5 chopped spring onions in water with 2 tsp ground turmeric until potatoes done, then drain.
- In a wok fry 200 g chopped onions and 2 cloves crushed garlic in 2 tbsp oil until soft.
- Stir in 2 tsp mixed herbs, 400 g chopped canned tomatoes and simmer 5 minutes.
- Stir in 150 g grated tasty cheese and 85 ml cream, warm through, then pour over the potatoes.

Meal 7 Quick Egg and chips

800 g oven ready chips	1 tbsp oil
4 eggs	

- Heat up 800 g oven ready chips.
- In a wok fry 4 eggs in 1 tbsp oil.

Meals 8 and 9 Chicken pilaf

600 g chicken	5 cm cinnamon stick
200 g onions (chopped)	6 cloves
5 cloves garlic (crushed)	400 g rice
4 tbsp oil	1 stock cube (crumbled)
1 tsp ground cumin	100 g flaked almonds

- In a wok fry 600 g chicken, 200 g chopped onions and 5 cloves crushed garlic in 4 tbsp oil until chicken done.
- Stir in 1 tsp ground cumin, 5 cm cinnamon stick, and 6 cloves and fry for 2 minutes.
- Stir in 400 g rice, 1 crumbled stock cube and 800 ml water and bake, covered (200C, Gas 5, 380F) 30 minutes.
- Sprinkle on 100 g flaked almonds before serving.

Meals 10 and 11 Vegetable shepherds pie

1000 g potatoes (cubed)	300 g swedes (sliced)
50 g butter	400 g canned borlotti beans (undrained)
4 tbsp milk	200 g mayonaise
300 g carrots (sliced)	165 g horseraddish
300 g parsnips (sliced)	50 g sunflower seeds

- In a saucepan boil 1000 g cubed potatoes, then mash with 50 g butter and 4 tbsp milk.
- In a casserole dish mix 300 g sliced carrots, 300 g sliced parsnips, 300 g sliced swedes, 400 g undrained canned borlotti beans, 200 g mayonaise and 165 g horseraddish. Spread the mashed potatoes on top, sprinkle with 50 g sunflower seeds and bake (200C, Gas 5, 380F) 60 minutes.

Meals 12 and 13 Onion pizza

1000 g onions (chopped)	200 g pitted olives
2 cloves garlic (crushed)	100 g anchovy fillets
3 tbsp oil	1 tsp mixed herbs
4*9 inch pizza bases	

- In a wok slowly fry 1000 g chopped onions and 2 cloves crushed garlic in 3 tbsp oil until brown.
- Spread on 4*9 inch pizza bases then sprinkle with 200 g pitted olives, 100 g anchovy fillets and 1 tsp mixed herbs. Bake (240C, Gas 9, 475F) 20 minutes.

Meal 14 Quick Pasta and pesto

250 g pasta whirls	150 g canned tuna fish
100 g pesto	

- In a saucepan heat 1500 ml water then add 250 g pasta whirls, boil for 12 minutes then drain.
- Stir in 100 g pesto and 150 g canned tuna fish.

Menu F

[1-2] Aubergine risotto
 [3-4] Beans and bulgar wheat
 [5-6] Lamb hotpot
 [7] Quick Cheese and tagliatelli
 [8-9] Tofu and mangetous stew
 [10-11] Vegetable cous cous
 [12-13] Charred aubergine and potato curry
 [14] Quick Noodles and sardines

Shopping List

Vegetables

aubergine 500 g [1-2]
 broccoli 400 g [3-4]
 carrots 400 g [3-4]
 carrots 400 g [5-6]
 celery 250 g [3-4]
 garlic 4 cloves [3-4]
 green peppers 150 g [3-4]
 onion 200 g [1-2]
 onions 200 g [3-4]
 onions 350 g [5-6]
 parsnips 250 g [1-2]
 potatoes 1500 g [5-6]
 tomatoes 150 g [1-2]

Dairy

gruyere 25 g [7]
 single cream 100 ml [7]
 stilton 25 g [7]

Groceries

bulgar wheat 150 g [3-4]
 canned chickpeas 400 g [10-11]
 canned red beans 2*400 g [3-4]
 canned sardines 120 g [14]
 canned tomatoes 400 g [3-4]
 cous cous 400 g [10-11]
 firm tofu 300 g [8-9]
 grated parmesan 2 tbsp [1-2]
 grated parmesan 25 g [7]
 noodles 300 g [14]
 rice 400 g [1-2]
 rice 400 g [8-9]
 sherry 75 ml [1-2]
 tagliatelli 250 g [7]
 tomato puree 150 g [3-4]

Meat

lamb 400 g [5-6]

Checklist

bay leaf [5-6]
 chilli powder [3-4]
 flour [5-6]
 ground cinamon [10-11]
 ground cumin [12-13]
 ground turmeric [10-11]
 ground turmeric [12-13]
 mustard seeds [12-13]
 oil [1-2]
 oil [10-11]
 oil [12-13]
 oil [3-4]
 oil [8-9]
 sherry [8-9]
 soya sauce [14]
 soya sauce [8-9]
 stock cube [1-2]
 stock cube [10-11]
 stock cube [3-4]
 thyme [5-6]
 worcester sauce [5-6]

Other Shopping

Extra Vegetables

aubergines 800 g [12-13]
 cabbage 400 g [8-9]
 carrots 225 g [10-11]
 cauliflower 500 g [10-11]
 chilli 1 red [12-13]
 courgettes 225 g [10-11]
 garlic 2 cloves [10-11]
 garlic 4 cloves [12-13]
 garlic 4 cloves [8-9]
 ginger 3 cm [8-9]
 ginger 4 cm [12-13]
 green beans 225 g [10-11]
 mangetout 200 g [8-9]
 mushrooms 200 g [8-9]
 onion 200 g [8-9]
 onions 200 g [10-11]
 onions 400 g [12-13]
 potatoes 1000 g [12-13]
 red peppers 150 g [8-9]
 tomatoes 400 g [12-13]

Extra Other Shopping

Meals 1 and 2 Aubergine risotto

500 g aubergine (cubed)	150 g tomatoes (chopped)
200 g onion (chopped)	1 stock cube (crumbled)
2 tbsp oil	2 tbsp grated parmesan
250 g parsnips (cubed)	400 g rice
75 ml sherry	

- In a wok fry 500 g cubed aubergine, 200 g chopped onion in 2 tbsp oil until onions soft.
- Stir in 250 g cubed parsnips, 75 ml sherry, 150 g chopped tomatoes, 1 crumbled stock cube, 2 tbsp grated parmesan, 400 g rice and 750 ml water. Bring to a boil and simmer until rice done.

Meals 3 and 4 Beans and bulgar wheat

200 g onions (chopped)	400 g canned tomatoes (chopped)
150 g green peppers (chopped)	150 g tomato puree
400 g carrots (sliced)	1 tsp chilli powder
4 cloves garlic (crushed)	2*400 g canned red beans (undrained)
250 g celery (chopped)	400 g broccoli
2 tbsp oil	1 stock cube (crumbled)
150 g bulgar wheat	

- In a wok fry 200 g chopped onions, 150 g chopped green peppers, 400 g sliced carrots, 4 cloves crushed garlic, 250 g chopped celery in 2 tbsp oil until soft.
- Stir in 150 g bulgar wheat, 400 g chopped canned tomatoes, 150 g tomato puree, 1 tsp chilli powder, 2*400 g undrained canned red beans, 400 g broccoli, 1 crumbled stock cube and 400 ml water and warm through.
- Put it all in a casserole dish and bake (200C, Gas 5, 380F) 30 minutes.

Meals 5 and 6 Lamb hotpot

400 g lamb (sliced)	1 tsp thyme
400 g carrots (chopped)	1 tbsp flour
350 g onions (chopped)	2 tbsp worcester sauce
1 bay leaf	1500 g potatoes (sliced)

- In a wok fry 400 g sliced lamb in it's own fat until done.
- Stir in 400 g chopped carrots and 350 g chopped onions and fry until soft.
- Stir in 1 bay leaf, 1 tsp thyme, 1 tbsp flour, 600 ml water and 2 tbsp worcester sauce. Put in a casserole dish and layer 1500 g sliced potatoes on top. Bake covered (200C, Gas 5, 380F) 30 minutes, then uncovered 30 minutes.

Meal 7 Quick Cheese and tagliatelli

250 g tagliatelli	25 g gruyere (chopped)
100 ml single cream	25 g stilton (chopped)
25 g grated parmesan	

- In a saucepan heat 1500 ml water then add 250 g tagliatelli, boil for 12 minutes then drain.
- Stir in 100 ml single cream, 25 g grated parmesan, 25 g chopped gruyere, 25 g chopped stilton and gently warm until the cheese melts.

Meals 8 and 9 Tofu and mangetous stew

400 g rice	200 g mushrooms (sliced)
300 g firm tofu (cubed)	400 g cabbage (sliced)
7 tbsp oil	3 tbsp sherry
200 g onion (sliced)	3 cm ginger (chopped)
200 g mangetout (halved)	4 cloves garlic (crushed)
150 g red peppers (sliced)	3 tbsp soya sauce

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 300 g cubed firm tofu in 7 tbsp oil until brown, then remove.
- Fry 200 g sliced onion until soft.
- Stir in 200 g halved mangetout and 150 g sliced red peppers, 200 g sliced mushrooms, 400 g sliced cabbage, 3 tbsp sherry, 3 cm chopped ginger, 4 cloves crushed garlic and 3 tbsp soya sauce and cook until done.
- Return the tofu.

Meals 10 and 11 Vegetable cous cous

200 g onions (chopped)	4 tbsp oil
225 g courgettes (sliced)	1 tsp ground turmeric
225 g green beans (chopped)	1 tsp ground cinamon
225 g carrots (chopped)	1 stock cube (crumbled)
500 g cauliflower	400 g canned chickpeas (drained)
2 cloves garlic (crushed)	400 g cous cous

- In a wok fry 200 g chopped onions, 225 g sliced courgettes, 225 g chopped green beans, 225 g chopped carrots, 500 g cauliflower and 2 cloves crushed garlic in 4 tbsp oil until soft.
- Stir in 1 tsp ground turmeric, 1 tsp ground cinamon, 1 crumbled stock cube, 400 g drained canned chickpeas. and 400 ml water, and bring to the boil.
- Make a space in the middle and pour in 400 g cous cous in the middle, cover, and leave to stand for 10 minutes.

Meals 12 and 13 Charred aubergine and potato curry

1000 g potatoes (chopped)	4 cm ginger (chopped)
800 g aubergines	1 red chilli (chopped)
3 tbsp oil	4 cloves garlic (crushed)
2 tsp ground cumin	2 tsp ground turmeric
2 tsp mustard seeds	400 g tomatoes (chopped)
400 g onions (chopped)	

- In a saucepan boil 1000 g chopped potatoes until done.
- Grill or char 800 g aubergines until burnt all over, peel and chop.
- In a wok in 3 tbsp oil heat 2 tsp ground cumin and 2 tsp mustard seeds until the seeds pop.
- Stir in 400 g chopped onions, 4 cm chopped ginger, 1 red chopped chilli, 4 cloves crushed garlic and 2 tsp ground turmeric and fry until the onions are soft.
- Stir in the potatoes, the aubergines, 400 g chopped tomatoes and 200 ml water cook until done.

Meal 14 Quick Noodles and sardines

300 g noodles	1 dsp soya sauce
120 g canned sardines (mashed)	

- In a saucepan put 300 g noodles, pour on 600 ml boiling water cover and stand for 10 minutes, then drain.
- Stir in 120 g mashed canned sardines and 1 dsp soya sauce.

Menu G

[1-2] Spinach lasagna
 [3-4] Tofu and tahini
 [5-6] Chickpeas and tomatoes
 [7] Quick Curry and couscous
 [8-9] Pasta and bacon in white sauce
 [10-11] Seaweed Hash
 [12-13] Spiced chicken
 [14] Quick Pasta and stir in sauce

Shopping List

Vegetables

broccoli 400 g [1-2]
 celery 200 g [3-4]
 cooking apples 400 g [3-4]
 garlic 2 cloves [3-4]
 garlic 4 cloves [1-2]
 garlic 4 cloves [5-6]
 green chillis 2 [5-6]
 green peppers 150 g [3-4]
 mushrooms 200 g [1-2]
 onions 400 g [1-2]
 onions 400 g [3-4]
 onions 400 g [5-6]
 potatoes 1200 g [3-4]
 spinach 250 g [1-2]

Dairy

cheddar cheese 250 g [1-2]
 cottage cheese 250 g [1-2]
 eggs 2 [1-2]
 natural yoghurt 150 g [12-13]

Groceries

canned chickpeas 400 g [5-6]
 canned curry 400 g [7]
 canned pineapple 100 g [3-4]
 canned tomatoes 400 g [1-2]
 canned tomatoes 400 g [5-6]
 cous cous 200 g [7]
 firm tofu 300 g [3-4]
 grated parmesan 1 tbsp [1-2]
 lasagna 200 g [1-2]
 olives 200 g [1-2]
 passata 400 ml [1-2]
 pasta shells 450 g [8-9]
 raisins 50 g [5-6]
 ready made pasta sauce 150 g [14]
 rice 400 g [12-13]
 rice 400 g [5-6]
 tagliatelli 250 g [14]
 tahini 4 tbsp [3-4]
 UHT milk 400 ml [8-9]

Meat

bacon 100 g [8-9]
 chicken 600 g [12-13]

Checklist

bay leaf [12-13]
 flour [8-9]
 garam masala [5-6]
 ground coriander [12-13]
 ground coriander [5-6]
 ground cumin [12-13]
 ground cumin [5-6]
 ground nutmeg [3-4]
 ground turmeric [12-13]
 ground turmeric [5-6]
 miso [3-4]
 mustard seeds [10-11]
 oil [1-2]
 oil [10-11]
 oil [12-13]
 oil [12-13]
 oil [12-13]
 oil [3-4]
 oil [5-6]
 oil [8-9]
 paprika [5-6]
 soy sauce [3-4]
 stock cube [3-4]
 turmeric [5-6]

Other Shopping

Extra Vegetables

celery 200 g [8-9]
 garlic 2 cloves [12-13]
 ginger 4 cm [12-13]
 green peppers 150 g [12-13]
 mushrooms 200 g [8-9]
 mushrooms 300 g [10-11]
 onions 200 g [12-13]
 onions 350 g [8-9]
 onions 400 g [10-11]
 onions 400 g [12-13]
 orange 1 [12-13]
 potatoes 1000 g [10-11]
 red chillis 2 [12-13]
 red peppers 150 g [8-9]
 red peppers 300 g [10-11]
 seaweed 250 g [10-11]

Extra Other Shopping

Meals 1 and 2 Spinach lasagna

4 tbsp oil	200 g mushrooms
4 cloves garlic (crushed)	1 tbsp grated parmesan
400 g onions (chopped)	250 g cheddar cheese (grated)
400 g canned tomatoes (chopped)	250 g cottage cheese
400 ml passata	2 eggs (beaten)
400 g brocoli (chopped)	250 g spinach (hacked)
200 g olives	200 g lasagna

- In a wok in 4 tbsp oil fry 4 cloves crushed garlic and 400 g chopped onions until soft.
- Stir in 400 g chopped canned tomatoes, 400 ml passata, 400 g chopped brocoli, 200 g olives and 200 g mushrooms and cook until mushrooms are done.
- In a mixing bowl mix 1 tbsp grated parmesan, 250 g grated cheddar cheese, 250 g cottage cheese, 2 beaten eggs and 250 g hacked spinach.
- In a casserole dish layer 200 g lasagna with the tomatoes and cheese 3 times. Bake (200C, Gas 5, 380F) 50 minutes.

Meals 3 and 4 Tofu and tahini

400 g onions (chopped)	4 tbsp tahini
2 cloves garlic (crushed)	1 tsp ground nutmeg
150 g green peppers (chopped)	2 tsp miso
200 g celery (chopped)	400 g cooking apples (chopped)
4 tbsp oil	100 g canned pineapple (chopped)
1 stock cube (crumbled)	300 g firm tofu (cubed)
1 tbsp soy sauce	1200 g potatoes (washed)

- In a wok fry 400 g chopped onions, 2 cloves crushed garlic, 150 g chopped green peppers and 200 g chopped celery in 4 tbsp oil until soft.
- Stir in 1 crumbled stock cube, 1 tbsp soy sauce, 4 tbsp tahini, 1 tsp ground nutmeg, 2 tsp miso, 400 g chopped cooking apples, 100 g chopped canned pineapple and 500 ml water and simmer for 10 minutes.
- Put in a casserole dish and sprinkle on top 300 g cubed firm tofu and bake (200C, Gas 5, 380F) for 40 minutes.
- Bake 1200 g washed potatoes (200C, Gas 5, 380F) for 40 minutes.

Meals 5 and 6 Chickpeas and tomatoes

400 g onions (chopped)	1 tbsp ground coriander
4 cloves garlic (crushed)	1 tsp garam masala
2 tbsp oil	400 g canned tomatoes (chopped)
2 green chillis (chopped)	400 g canned chickpeas (undrained)
1 tsp ground turmeric	400 g rice
1 tsp paprika	1 tsp turmeric
1 tbsp ground cumin	50 g raisins

- In a wok fry 400 g chopped onions and 4 cloves crushed garlic in 2 tbsp oil until soft.
- Stir in 2 chopped green chillis, 1 tsp ground turmeric, 1 tsp paprika, 1 tbsp ground cumin, 1 tbsp ground coriander, 1 tsp garam masala and fry for 1 minute.
- Stir in 400 g chopped canned tomatoes and 400 g undrained canned chickpeas and simmer for 20 minutes.
- In a saucepan boil 400 g rice, 1 tsp turmeric and 50 g raisins in 800 ml water then turn off, cover and stand for 30 minutes.

Meal 7 Quick Curry and couscous

400 g canned curry	200 g cous cous
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- In a saucepan warm 400 g canned curry.
- In a saucepan pour 400 ml boiling water on 200 g cous cous, cover and stand for 10 minutes.

Meals 8 and 9 Pasta and bacon in white sauce

450 g pasta shells	100 g bacon (chopped)
350 g onions (chopped)	2 tbsp oil
200 g celery (chopped)	2 tbsp flour
150 g red peppers (chopped)	400 ml UHT milk
200 g mushrooms (sliced)	

- In a saucepan heat 2000 ml water then add 450 g pasta shells, boil for 12 minutes then drain.
- In a wok fry 350 g chopped onions, 200 g chopped celery, 150 g chopped red peppers, 200 g sliced mushrooms and 100 g chopped bacon in 2 tbsp oil until onions soft.
- Stir in 2 tbsp flour until completely absorbed.
- Stir in 400 ml UHT milk and stir until sauce thickens.

Meals 10 and 11 Seaweed Hash

1000 g potatoes (diced)	300 g mushrooms
3 tbsp oil	250 g seaweed (chopped)
1 tbsp mustard seeds	400 g onions (chopped)
300 g red peppers (sliced)	

- In a saucepan boil 1000 g diced potatoes until done, then drain.
- In a wok heat 3 tbsp oil and 1 tbsp mustard seeds until they start to pop.
- Stir in 300 g sliced red peppers, 300 g mushrooms, 250 g chopped seaweed and 400 g chopped onions and fry until done.
- Stir in the potatoes and warm through.

Meals 12 and 13 Spiced chicken

200 g onions	400 g onions (chopped)
2 tbsp oil	150 g green peppers (chopped)
400 g rice	2 tbsp oil
1 orange (squeezed and quartered)	1 tsp ground cumin
600 g chicken (pieces)	1 tsp ground coriander
2 cloves garlic (crushed)	2 red chillis (finely chopped)
4 cm ginger (chopped)	1 bay leaf (crumbled)
2 tsp ground turmeric	150 g natural yoghurt
2 tbsp oil	

- In a saucepan fry 200 g onions in 2 tbsp oil until soft. Stir in 400 g rice, 800 ml water and 1 squeezed and quartered orange, boil and then turn off, cover and stand for 30 minutes.
- In a casserole dish mix 600 g pieces chicken, 2 cloves crushed garlic, 4 cm chopped ginger, 2 tsp ground turmeric and 2 tbsp oil and bake (200C, Gas 5, 380F) 20 minutes.
- In a wok fry 400 g chopped onions, 150 g chopped green peppers in 2 tbsp oil until soft.
- Stir in 1 tsp ground cumin, 1 tsp ground coriander, 2 finely chopped red chillis and 1 crumbled bay leaf and fry for 1 minute.
- Take off heat and stir in 150 g natural yoghurt and 55 ml warm water. Pour over the chicken and bake, covered (200C, Gas 5, 380F) for 10 minutes.

Meal 14 Quick Pasta and stir in sauce

250 g tagliatelli	150 g ready made pasta sauce
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- In a saucepan heat 1500 ml water then add 250 g tagliatelli, boil for 12 minutes then drain.
- Stir in 150 g ready made pasta sauce.

Spring

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Menu H

[1-2] Bean and potato stew
 [3-4] Chicken and carrot stew
 [5-6] Curry Ethiopian style
 [7] Quick Tagliatelli and bacon
 [8-9] Tofu and pork
 [10-11] Vegetable and butter bean pie
 [12-13] Coconut chickpeas
 [14] Quick Oven ready pizza

Shopping List

Vegetables

aubergine 400 g [1-2]
 carrots 1000 g [3-4]
 cloves garlic 4 [1-2]
 courgettes 1000 g [1-2]
 garlic 1 clove [3-4]
 garlic 2 cloves [5-6]
 lemon 1 [3-4]
 mixed herbs 3 tsp [3-4]
 mushrooms 600 g [1-2]
 onions 200 g [5-6]
 onions 400 g [1-2]
 onions 400 g [3-4]
 potatoes 1200 g [1-2]
 red peppers 150 g [1-2]

Dairy

double cream 100 ml [7]

Beginning of Spring

Groceries

canned butter beans 400 g [10-11]
 canned chickpeas 400 g [12-13]
 canned flageolot beans 300 g [1-2]
 canned tomatoes 300 g [1-2]
 canned tomatoes 400 g [10-11]
 cous cous 400 g [3-4]
 flakey pastry 1 pack [10-11]
 grated parmesan 50 g [7]
 noodles 400 g [8-9]
 ready made pizzas 2*9 inch [14]
 red lentils 300 g [5-6]
 rice 400 g [12-13]
 rice 400 g [5-6]
 tagliatelli 250 g [7]
 tofu 450 g [8-9]

Meat

bacon 50 g [7]
 chicken 400 g [3-4]
 minced pork 200 g [8-9]

Checklist

chilli powder [12-13]
 creamed coconut [12-13]
 curry powder [5-6]
 flour [10-11]
 flour [8-9]
 ground cinnamon [3-4]
 ground coriander [12-13]
 ground coriander [3-4]
 ground ginger [3-4]
 ground turmeric [12-13]
 honey [3-4]
 mixed herbs [10-11]
 oil [1-2]
 oil [10-11]
 oil [12-13]
 oil [3-4]
 oil [5-6]
 oil [8-9]
 paprika [5-6]
 sherry [8-9]
 stock cubes [3-4]
 stock cube [10-11]
 stock cube [8-9]
 wine vinegar [5-6]

Other Shopping

Extra Vegetables

carrots 400 g [10-11]
 ginger 4 cm [8-9]
 leeks 400 g [10-11]
 mange tout 400 g [8-9]
 mushrooms 150 g [10-11]
 onions 200 g [10-11]
 onions 200 g [12-13]
 potatoes 1200 g [10-11]
 red chillis 2 [8-9]
 tomatoes 300 g [12-13]

Extra Other Shopping

Meals 1 and 2 Bean and potato stew

1200 g potatoes (washed)	400 g aubergine (sliced)
4 cloves garlic (crushed)	600 g mushrooms (sliced)
400 g onions (sliced)	1000 g courgettes (sliced)
150 g red peppers (sliced)	300 g canned tomatoes (chopped)
5 tbsp oil	300 g canned flageolot beans

- Bake 1200 g washed potatoes (200C, Gas 5, 380F) for 40 minutes.
- In a wok fry 4 crushed cloves garlic, 400 g sliced onions and 150 g sliced red peppers in 5 tbsp oil until soft.
- Stir in 400 g sliced aubergine, 600 g sliced mushrooms, 1000 g sliced courgettes, 300 g chopped canned tomatoes and 300 g canned flageolot beans simmer for 20 minutes.

Meals 3 and 4 Chicken and carrot stew

400 g chicken (cubed)	1 tbsp honey
400 g onions (chopped)	3 tsp mixed herbs
2 tsp ground ginger	3 tp ground coriander
1 tsp ground cinnamon	3 tbsp oil
1 clove garlic (crushed)	400 g cous cous
2 stock cubes (crumbled)	1 lemon
1000 g carrots (sliced)	

- In a wok mix 400 g cubed chicken, 400 g chopped onions, 2 tsp ground ginger, 1 tsp ground cinnamon, 1 clove crushed garlic, 2 crumbled stock cubes, 1000 g sliced carrots, 1 tbsp honey, 3 tsp mixed herbs, 3 tp ground coriander, 3 tbsp oil, and 800 ml water. Bring to the boil then simmer, uncovered for 60 minutes.
- In a saucepan pour 800 ml boiling water on 400 g cous cous, cover and stand for 10 minutes.
- Stir in the juice of 1 lemon to the stew before serving.

Meals 5 and 6 Curry Ethiopian style

400 g rice	1 tsp paprika
200 g onions (chopped)	2 tbsp curry powder
2 cloves garlic (crushed)	300 g red lentils
2 tbsp oil	2 tbsp wine vinegar

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 200 g chopped onions and 2 cloves crushed garlic in 2 tbsp oil until brown.
- Stir in 1 tsp paprika, 2 tbsp curry powder, 300 g red lentils and 1000 ml water and simmer for 30 minutes.
- Stir in 2 tbsp wine vinegar and simmer for 5 minutes.

Meal 7 Quick Tagliatelli and bacon

250 g tagliatelli	100 ml double cream
50 g bacon (chopped)	50 g grated parmesan

- In a saucepan heat 1500 ml water then add 250 g tagliatelli, boil for 12 minutes then drain.
- In a wok fry 50 g chopped bacon without oil until brown.
- Stir in 100 ml double cream, warm and then add the drained pasta.
- Warm and sprinkle with 50 g grated parmesan.

Meals 8 and 9 Tofu and pork

200 g minced pork	1 stock cube (crumbled)
2 red chillis (chopped)	1 tbsp sherry
4 cm ginger (chopped)	400 g mange tout (halved)
2 tbsp oil	450 g tofu (cubed)
2 tbsp flour	400 g noodles

- In a wok fry 200 g minced pork, 2 chopped red chillis and 4 cm chopped ginger in 2 tbsp oil until the pork is done.
- Stir in 2 tbsp flour, 1 crumbled stock cube, 1 tbsp sherry, 400 g halved mange tout, 250 ml water, bring to boil and simmer for 10 minutes.
- Stir in 450 g cubed tofu, and simmer for 10 minutes.
- In a saucepan put 400 g noodles, pour on 800 ml boiling water cover and stand for 10 minutes, then drain.

Meals 10 and 11 Vegetable and butter bean pie

1200 g potatoes (washed)	400 g canned butter beans (drained)
200 g onions (chopped)	400 g canned tomatoes (chopped)
400 g carrots (sliced)	1 tsp mixed herbs
400 g leeks (sliced)	1 tbsp flour
150 g mushrooms (sliced)	1 stock cube (crumbled)
3 tbsp oil	1 pack flakey pastry (rolled)

- Bake 1200 g washed potatoes (200C, Gas 5, 380F) for 40 minutes.
- In a wok fry 200 g chopped onions, 400 g sliced carrots, 400 g sliced leeks, 150 g sliced mushrooms in 3 tbsp oil until soft.
- Stir in 400 g drained canned butter beans, 400 g chopped canned tomatoes, 1 tsp mixed herbs, 1 tbsp flour, 1 crumbled stock cube and 2 tbsp water and warm through.
- Put in a casserole dish and cover with 1 pack rolled flakey pastry and bake (200C, Gas 5, 380F) for 30 minutes.

Meals 12 and 13 Coconut chickpeas

400 g rice	1 tsp ground coriander
200 g onions (chopped)	2 tsp ground turmeric
2 tbsp oil	50 g creamed coconut (crumbled)
400 g canned chickpeas (undrained)	1 tsp chilli powder
300 g tomatoes (chopped)	

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 200 g chopped onions in 2 tbsp oil until soft.
- Stir in 400 g undrained canned chickpeas (mashed), 300 g chopped tomatoes, 1 tsp ground coriander, 2 tsp ground turmeric, 50 g crumbled creamed coconut and 1 tsp chilli powder and simmer for 10 minutes.

Meal 14 Quick Oven ready pizza

2*9 inch ready made pizzas

- Bake 2*9 inch ready made pizzas (240C, Gas 9, 475F) for 20 minutes or until golden.

Menu I

[1-2] Meat and potatoes Mexican style
 [3-4] Turnip and chickpea stew
 [5-6] Cashew curry
 [7] Quick Scrambled eggs
 [8-9] Kedgeree
 [10-11] Chilli bean stew
 [12-13] Vegetables and pasta
 [14] Quick Fish fingers and baked beans

Shopping List

Vegetables

garlic 1 clove [1-2]
 garlic 3 cloves [5-6]
 onions 200 g [3-4]
 onions 400 g [1-2]
 onions 400 g [5-6]
 potatoes 1000 g [1-2]
 red peppers 150 g [1-2]
 red peppers 150 g [7]
 turnips 750 g [3-4]

Dairy

butter 25 g [8-9]
 cheddar cheese 200 g [10-11]
 cheese 50 g [1-2]
 eggs 4 [7]
 eggs 4 [8-9]
 milk 4 tbsp [7]
 milk 500 ml [12-13]

Groceries

canned baked beans 400 g [14]
 canned chick peas 400 g [3-4]
 canned red beans 400 g [10-11]
 canned sweetcorn 200 g [1-2]
 canned sweetcorn 200 g [12-13]
 canned tomatoes 400 g [1-2]
 canned tomatoes 400 g [10-11]
 cashews 250 g [5-6]
 cous cous 400 g [3-4]
 creamed coconut 100 g [5-6]
 fish fingers 8 [14]
 pasta twists 450 g [12-13]
 pitta 4 [7]
 rice 400 g [5-6]
 rice 400 g [8-9]
 tomato puree 75 g [10-11]

Meat

kippers 400 g [8-9]
 minced meat 400 g [1-2]

Checklist

chilli powder [8-9]
 curry powder [5-6]
 dried parsley [12-13]
 flour [12-13]
 ground cinnamon [3-4]
 ground coriander [12-13]
 ground coriander [3-4]
 ground cumin [3-4]
 ground ginger [3-4]
 honey [1-2]
 honey [3-4]
 miso [12-13]
 mustard [8-9]
 oil [10-11]
 oil [12-13]
 oil [3-4]
 oil [5-6]
 oil [7]
 red chillis [1-2]
 soya sauce [12-13]
 stock [10-11]

Other Shopping

Extra Vegetables

celery 250 g [10-11]
 celery 250 g [12-13]
 courgettes 400 g [12-13]
 garlic 4 cloves [10-11]
 garlic 4 cloves [12-13]
 green chilli 1 [10-11]
 mushrooms 100 g [12-13]
 onions 200 g [12-13]
 onions 400 g [10-11]
 potatoes 1000 g [10-11]
 red peppers 150 g [10-11]
 red peppers 150 g [12-13]

Extra Other Shopping

Meals 1 and 2 Meat and potatoes Mexican style

400 g minced meat	200 g canned sweetcorn (drained)
400 g onions (chopped)	1 tbsp honey
150 g red peppers (chopped)	2 red chillis (chopped)
1 clove garlic (crushed)	1000 g potatoes (sliced)
400 g canned tomatoes (chopped)	50 g cheese (grated)

- In a wok mix 400 g minced meat, 400 g chopped onions 150 g chopped red peppers and 1 clove crushed garlic and fry until done.
- Stir in 400 g chopped canned tomatoes, 200 g drained canned sweetcorn, 1 tbsp honey and 2 chopped red chillis.
- Put in a casserole dish and cover with a layer of 1000 g sliced potatoes and sprinkle with 50 g grated cheese. Cover and bake (200C, Gas 5, 380F) for 50 minutes.

Meals 3 and 4 Turnip and chickpea stew

750 g turnips (cubed)	1 tsp ground coriander
200 g onions (chopped)	1 tsp ground cumin
400 g canned chick peas (drained)	1 tsp ground ginger
1 tbsp honey	2 tbsp oil
0.5 tsp ground cinnamon	400 g cous cous

- In a saucepan mix 750 g cubed turnips, 200 g chopped onions, 400 g drained canned chick peas, 1 tbsp honey, 0.5 tsp ground cinnamon, 1 tsp ground coriander 1 tsp ground cumin, 1 tsp ground ginger and 2 tbsp oil, cover with water, and simmer uncovered for 60 minutes.
- In a saucepan pour 800 ml boiling water on 400 g cous cous, cover and stand for 10 minutes.

Meals 5 and 6 Cashew curry

400 g rice	1 tbsp curry powder
400 g onions (sliced)	250 g cashews
3 cloves garlic (crushed)	100 g creamed coconut (crumbled)
3 tbsp oil	

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 400 g sliced onions and 3 cloves crushed garlic in 3 tbsp oil until soft.
- Stir in 1 tbsp curry powder and 250 g cashews and simmer for 5 minutes.
- Stir in 100 g crumbled creamed coconut and 200 ml water and simmer for 10 minutes.

Meal 7 Quick Scrambled eggs

150 g red peppers (sliced)	4 tbsp milk
1 tbsp oil	4 pitta (warmed)
4 eggs (beaten)	

- In a wok fry 150 g sliced red peppers in 1 tbsp oil until soft.
- Stir in 4 beaten eggs, 4 tbsp milk and warm until firm.
- Serve in 4 warmed pitta.

Meals 8 and 9 Kedgeree

400 g rice	1 tsp mustard
400 g kippers (chopped)	4 eggs (soft boiled)
25 g butter	0.5 tsp chilli powder

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- Stir in 400 g chopped kippers, 25 g butter, 1 tsp mustard, 4 soft boiled eggs and 0.5 tsp chilli powder.

Meals 10 and 11 Chilli bean stew

400 g onions (sliced)	400 g canned red beans
4 cloves garlic (crushed)	75 g tomato puree
2 tbsp oil	1 green chilli (chopped)
250 g celery (chopped)	1 cube stock (crumbled)
150 g red peppers (chopped)	1000 g potatoes (sliced)
400 g canned tomatoes (chopped)	200 g cheddar cheese (grated)

- In a wok fry 400 g sliced onions and 4 cloves crushed garlic in 2 tbsp oil until soft.
- Stir in 250 g chopped celery and 150 g chopped red peppers and cook for 5 minutes.
- Stir in 400 g chopped canned tomatoes, 400 g canned red beans, 75 g tomato puree, 1 chopped green chilli, 1 cube crumbled stock and 7 tbsp water. and simmer for 5 minutes.
- Put in a casserole dish and layer with 1000 g sliced potatoes Sprinkle with 200 g grated cheddar cheese. and bake (200C, Gas 5, 380F) for 60 minutes.

Meals 12 and 13 Vegetables and pasta

450 g pasta twists	200 g canned sweetcorn
200 g onions (chopped)	1 tbsp flour
250 g celery (chopped)	500 ml milk
3 tbsp oil	1 tsp dried parsley
150 g red peppers (chopped)	1 tbsp soya sauce
400 g courgettes (sliced)	2 tsp ground coriander
4 cloves garlic (crushed)	2 tsp miso
100 g mushrooms (chopped)	

- In a saucepan heat 2000 ml water then add 450 g pasta twists, boil for 12 minutes then drain.
- In a wok fry 200 g chopped onions and 250 g chopped celery, in 3 tbsp oil until soft.
- Stir in 150 g chopped red peppers, 400 g sliced courgettes, 4 cloves crushed garlic, 100 g chopped mushrooms and 200 g canned sweetcorn and warm through.
- Stir in 1 tbsp flour.
- Remove from heat and stir in 500 ml milk until a sauce is formed.
- Stir in the pasta, 1 tsp dried parsley, 1 tbsp soya sauce 2 tsp ground coriander and 2 tsp miso and warm through.

Meal 14 Quick Fish fingers and baked beans

400 g canned baked beans	8 fish fingers
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- In a saucepan heat up 400 g canned baked beans.
- Grill 8 fish fingers.

Menu J

[1-2] Potato and cheese bake
 [3-4] Peanut butter and black eyed bean stew
 [5-6] Vegetable crumble
 [7] Quick Tagliatelli and mushrooms
 [8-9] Groundnut stew
 [10-11] Tuna and rice
 [12-13] Green lentil lasagne
 [14] Quick bacon, smash and cheese

Shopping List

Vegetables

carrots 500 g [5-6]
 garlic 4 cloves [5-6]
 lemon 1 [3-4]
 mushrooms 150 g [7]
 onion 150 g [7]
 onion 200 g [3-4]
 onions 400 g [5-6]
 onions 800 g [1-2]
 parsnips 500 g [5-6]
 potatoes 1000 g [5-6]
 potatoes 2000 g [1-2]
 tomatoes 4 [3-4]

Dairy

cheese 100 g [14]
 cheese 400 g [1-2]
 double cream 100 ml [7]
 margarine 150 g [5-6]
 milk 500 ml [12-13]

Spring Equinox

Groceries

canned black eyed beans 400 g [3-4]
 canned tomatoes 400 g [5-6]
 canned tuna fish 150 g [10-11]
 chilli powder 1 tsp [8-9]
 grated parmesan 50 g [7]
 green lentils 200 g [12-13]
 lasagne 450 g [12-13]
 peanut butter 2 tbsp [3-4]
 peanut butter 2 tbsp [8-9]
 rice 400 g [10-11]
 rice 400 g [3-4]
 smash 175 g [14]
 tagliatelli 250 g [7]

Meat

bacon 100 g [14]
 bacon 200 g [1-2]

Checklist

bay leaf [12-13]
 chopped nuts [5-6]
 flour [12-13]
 flour [3-4]
 flour [5-6]
 ground coriander [12-13]
 ground nutmeg [12-13]
 miso [5-6]
 oil [1-2]
 oil [12-13]
 oil [3-4]
 oil [5-6]
 stock cube [5-6]
 stock cube [8-9]
 sunflower seeds [5-6]

Other Shopping

Extra Vegetables

carrots 500 g [8-9]
 garlic 2 cloves [12-13]
 garlic 2 cloves [8-9]
 ginger 4 cm [8-9]
 green peppers 150 g [10-11]
 mushrooms 200 g [12-13]
 onion 200 g [12-13]
 onions 200 g [8-9]
 onions 400 g [10-11]
 potatoes 1000 g [8-9]
 potatoes 1200 g [12-13]
 red peppers 150 g [10-11]
 swede 400 g [8-9]
 sweet potatoes 200 g [8-9]
 tomatoes 2 [8-9]
 yams 200 g [8-9]

Extra Other Shopping

Meals 1 and 2 Potato and cheese bake

2000 g potatoes (sliced)	4 tbsp oil
800 g onions (sliced)	400 g cheese (grated)
200 g bacon (chopped)	

- In a saucepan boil 2000 g sliced potatoes for 15 minutes, then drain.
- In a wok fry 800 g sliced onions and 200 g chopped bacon in 4 tbsp oil until bacon done.
- Layer the potatoes, onions and 400 g grated cheese in a casserole dish then bake (200C, Gas 5, 380F) for 30 minutes.

Meals 3 and 4 Peanut butter and black eyed bean stew

400 g rice	400 g canned black eyed beans (undrained)
2 tbsp oil	2 tbsp peanut butter
200 g onion (chopped)	4 tomatoes (chopped)
2 tbsp flour	1 lemon

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok, fry, in 2 tbsp oil 200 g chopped onion until soft.
- Stir in 2 tbsp flour, 400 g undrained canned black eyed beans, 2 tbsp peanut butter and simmer for 5 minutes.
- Stir in 4 chopped tomatoes the juice of 1 lemon, and simmer for 15 minutes.

Meals 5 and 6 Vegetable crumble

400 g onions (chopped)	500 g carrots (chopped)
4 cloves garlic (crushed)	400 g canned tomatoes (chopped)
3 tbsp oil	300 g flour
3 tsp miso	150 g margarine
1 stock cube (crumbled)	100 g chopped nuts
1000 g potatoes (chopped)	100 g sunflower seeds
500 g parsnips (chopped)	

- In a wok fry 400 g chopped onions, 4 cloves crushed garlic in 3 tbsp oil until soft.
- Stir in 3 tsp miso, 1 crumbled stock cube, 300 ml water, 1000 g chopped potatoes, 500 g chopped parsnips, 500 g chopped carrots and 400 g chopped canned tomatoes then put in a casserole dish.
- In a mixing bowl mix 300 g flour, 150 g margarine, 100 g chopped nuts, and 100 g sunflower seeds and layer on top of casserole dish, then bake (200C, Gas 5, 380F) for 60 minutes.

Meal 7 Quick Tagliatelli and mushrooms

250 g tagliatelli	100 ml double cream
150 g onion (chopped)	50 g grated parmesan
150 g mushrooms (chopped)	

- In a saucepan heat 1500 ml water then add 250 g tagliatelli, boil for 12 minutes then drain.
- In a wok fry 150 g chopped onion without oil until soft.
- Stir in 150 g chopped mushrooms and fry until soft.
- Stir in 100 ml double cream, warm and then add the drained pasta.
- Warm and sprinkle with 50 g grated parmesan.

Meals 8 and 9 Groundnut stew

1000 g potatoes	2 cloves garlic (mashed)
500 g carrots	4 cm ginger (chopped)
400 g swede (chopped)	2 tomatoes (chopped)
200 g yams (chopped)	2 tbsp peanut butter
200 g sweet potatoes (chopped)	1 stock cube (crumbled)
200 g onions (mashed)	1 tsp chilli powder

- In a saucepan stew 1000 g potatoes, 500 g carrots, 400 g chopped swede, 200 g chopped yams, 200 g chopped sweet potatoes, 200 g mashed onions, 2 cloves mashed garlic, 4 cm chopped ginger, 2 chopped tomatoes, 2 tbsp peanut butter, 1 crumbled stock cube, 1 tsp chilli powder and 400 ml water.

Meals 10 and 11 Tuna and rice

400 g rice	150 g green peppers (chopped)
400 g onions (chopped)	150 g canned tuna fish
150 g red peppers (chopped)	

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 400 g chopped onions 150 g chopped red peppers, and 150 g chopped green peppers until done.
- Stir in 150 g canned tuna fish and the rice.

Meals 12 and 13 Green lentil lasagne

1200 g potatoes (washed)	500 ml milk
200 g green lentils	2 tbsp flour
200 g onion (sliced)	1 bay leaf (crumbled)
2 cloves garlic (crushed)	1 tsp ground nutmeg
200 g mushrooms (sliced)	2 tsp ground coriander
3 tbsp oil	450 g lasagne

- Bake 1200 g washed potatoes (200C, Gas 5, 380F) for 40 minutes.
- In a saucepan cook 200 g green lentils until soft. Save 200 ml of the water.
- In a wok fry 200 g sliced onion, 2 cloves crushed garlic and 200 g sliced mushrooms in 3 tbsp oil until soft.
- Stir in 500 ml milk, 2 tbsp flour, 1 crumbled bay leaf, 1 tsp ground nutmeg and 2 tsp ground coriander until sauce thickens.
- Stir in the lentils and the water.
- Layer with 450 g lasagne and bake (200C, Gas 5, 380F) for 50 minutes.

Meal 14 Quick bacon, smash and cheese

100 g bacon (chopped)	100 g cheese (grated)
175 g smash	

- In a wok fry 100 g chopped bacon.
- In a saucepan mix 175 g smash and 800 ml boiling water.
- Stir in 100 g grated cheese and the bacon.

Menu K

[1-2] Vegetable pizza
 [3-4] Gammon rice
 [5-6] Tomato tofu
 [7] Quick Tagliatelle and cheese
 [8-9] Potato and onion pie
 [10-11] Spaghetti bolognese
 [12-13] Pepper risotto
 [14] Quick Sweet corn and bacon

Shopping List

Vegetables

carrots 200 g [1-2]
 carrots 200 g [5-6]
 courgettes 250 g [1-2]
 garlic 2 cloves [5-6]
 garlic 2 cloves [7]
 green peppers 150 g [7]
 leeks 200 g [1-2]
 mushrooms 100 g [5-6]
 onions 3 [3-4]
 onions 400 g [5-6]
 red peppers 150 g [5-6]

Dairy

cottage cheese 200 g [7]
 eggs 2 [14]
 gorgonzola 200 g [7]
 mature cheese 50 g [1-2]
 milk 600 ml [14]
 tasty cheese 400 g [8-9]

Groceries

canned sweet corn 2*400 g [14]
 canned sweetcorn 400 g [3-4]
 canned tomatoes 400 g [10-11]
 canned tomatoes 400 g [5-6]
 cous cous 400 g [5-6]
 frozen peas 175 g [3-4]
 grated parmesan 2 tbsp [12-13]
 pizza bases 4*9 inch [1-2]
 ready made pastry 1 pack [8-9]
 rice 350 g [3-4]
 rice 400 g [12-13]
 spaghetti 450 g [10-11]
 tagliatelli 250 g [7]
 tofu 450 g [5-6]
 tomato puree 150 g [5-6]
 tomato puree 75 g [1-2]
 tomato puree 75 g [10-11]
 unsalted peanuts 50 g [3-4]

Meat

bacon 100 g [10-11]
 bacon 100 g [14]
 minced meat 200 g [10-11]
 smoked gammon 225 g [3-4]

Checklist

flour [14]
 grated parmesan [7]
 ground turmeric [3-4]
 oil [1-2]
 oil [12-13]
 oil [14]
 oil [3-4]
 oregano [10-11]
 sherry [12-13]
 soya sauce [5-6]
 stock cube [12-13]
 stock cube [3-4]
 stock [10-11]
 vegetable oil [5-6]
 whole grain mustard [8-9]

Other Shopping

Extra Vegetables

carrots 200 g [10-11]
 courgettes 250 g [10-11]
 garlic 4 cloves [8-9]
 green peppers 150 g [10-11]
 green peppers 150 g [12-13]
 leeks 200 g [10-11]
 onion 400 g [12-13]
 onions 200 g [10-11]
 onions 500 g [8-9]
 potatoes 1500 g [8-9]
 red chilli 1 [12-13]
 red peppers 150 g [10-11]
 red peppers 150 g [12-13]
 tomatoes 150 g [12-13]
 tomatoes 200 g [10-11]

Extra Other Shopping

Meals 1 and 2 Vegetable pizza

200 g carrots (chopped)	75 g tomato puree
200 g leeks (chopped)	4*9 inch pizza bases
250 g courgettes (chopped)	50 g mature cheese (grated)
2 tbsp oil	

- In a wok fry 200 g chopped carrots, 200 g chopped leeks and 250 g chopped courgettes in 2 tbsp oil until soft.
- Stir in 75 g tomato puree and warm through.
- Layer on 4*9 inch pizza bases and 50 g grated mature cheese and bake (200C, Gas 5, 380F) for 20 minutes.

Meals 3 and 4 Gammon rice

1 tbsp oil	400 g canned sweetcorn
3 onions	1 tsp ground turmeric
225 g smoked gammon (shredded)	175 g frozen peas
350 g rice	50 g unsalted peanuts
1 stock cube	

- In a saucepan fry in 1 tbsp oil, 3 onions until soft.
- Stir in 225 g shredded smoked gammon and cook until brown.
- Stir in 350 g rice, 1 stock cube, 900 ml water, 400 g canned sweetcorn, 1 tsp ground turmeric, boil, then simmer for 15 minutes.
- Stir in 175 g frozen peas and simmer for 5 minutes.
- In a dry wok roast 50 g unsalted peanuts until brown, and sprinkle on top.

Meals 5 and 6 Tomato tofu

400 g onions (chopped)	150 g tomato puree
200 g carrots (chopped)	2 tbsp soya sauce
2 cloves garlic (crushed)	400 g canned tomatoes
150 g red peppers (chopped)	450 g tofu (cubed)
100 g mushrooms (chopped)	400 g cous cous
3 tbsp vegetable oil	

- In a wok fry 400 g chopped onions, 200 g chopped carrots, 2 cloves crushed garlic, 150 g chopped red peppers and 100 g chopped mushrooms in 3 tbsp vegetable oil until the mushrooms are done.
- Stir in 150 g tomato puree, 2 tbsp soya sauce and 400 g canned tomatoes and simmer for 10 minutes.
- Sprinkle on 450 g cubed tofu, cover and simmer for 10 minutes.
- In a saucepan pour 800 ml boiling water on 400 g cous cous, cover and stand for 10 minutes.

Meal 7 Quick Tagliatelle and cheese

250 g tagliatelli	200 g cottage cheese
2 cloves garlic (crushed)	200 g gorgonzola (grated)
150 g green peppers (chopped)	50 g grated parmesan

- In a saucepan heat 1500 ml water then add 250 g tagliatelli, boil for 12 minutes then drain.
- In a wok fry 2 cloves crushed garlic and 150 g chopped green peppers until soft, then mash.
- Stir in 200 g cottage cheese, 200 g grated gorgonzola and 50 g grated parmesan and warm.

Meals 8 and 9 Potato and onion pie

1500 g potatoes (chopped)	400 g tasty cheese
500 g onions (chopped)	2 tbsp whole grain mustard
4 cloves garlic (crushed)	1 pack ready made pastry

- In a casserole dish mix 1500 g chopped potatoes, 500 g chopped onions, 4 cloves crushed garlic, 400 g tasty cheese, 2 tbsp whole grain mustard and cover with 1 pack ready made pastry. Then bake 60 minutes.

Meals 10 and 11 Spaghetti bolognese

200 g minced meat	400 g canned tomatoes (chopped)
100 g bacon (chopped)	75 g tomato puree
200 g onions (chopped)	150 g red peppers (chopped)
200 g leeks (chopped)	150 g green peppers (chopped)
1 cube stock (crumbled)	200 g carrots (chopped)
1 tsp oregano	250 g courgettes (chopped)
200 g tomatoes (chopped)	450 g spaghetti

- In a wok fry 200 g minced meat 100 g chopped bacon 200 g chopped onions, 200 g chopped leeks until the meat is done.
- Stir in 1 cube crumbled stock, 1 tsp oregano, 200 g chopped tomatoes, 400 g chopped canned tomatoes 75 g tomato puree 150 g chopped red peppers, 150 g chopped green peppers, 200 g chopped carrots 250 g chopped courgettes simmer 40 minutes.
- In a saucepan heat 2000 ml water then add 450 g spaghetti, boil for 12 minutes then drain.

Meals 12 and 13 Pepper risotto

1 red chilli (chopped)	75 ml sherry
150 g red peppers (chopped)	150 g tomatoes (chopped)
150 g green peppers (chopped)	1 stock cube (crumbled)
400 g onion (chopped)	2 tbsp grated parmesan
2 tbsp oil	400 g rice

- In a wok fry 1 chopped red chilli, 150 g chopped red peppers, 150 g chopped green peppers, 400 g chopped onion in 2 tbsp oil until onions soft.
- Stir in 75 ml sherry, 150 g chopped tomatoes, 1 crumbled stock cube, 2 tbsp grated parmesan, 400 g rice and 750 ml water. Bring to a boil and stand until rice done.

Meal 14 Quick Sweet corn and bacon

2 eggs	2 tbsp flour
100 g bacon (chopped)	2*400 g canned sweet corn
2 tbsp oil	600 ml milk

- In a saucepan boil 2 eggs
- In a wok fry 100 g chopped bacon in 2 tbsp oil until done.
- Stir in 2 tbsp flour until absorbed.
- Stir in the liquid from 2*400 g canned sweet corn and 600 ml milk.
- Add the eggs (halved).

Menu L

[1-2] Cashew and pea curry
 [3-4] Meat and bean stew
 [5-6] Vegetable cous cous
 [7] Quick Cheesey beans in pitta
 [8-9] Carrot and parsnip curry
 [10-11] Courgette tagliatelli
 [12-13] Tarka dhal and chappatis
 [14] Quick Muffin pizzas

Shopping List

Vegetables

carrots 300 g [5-6]
 courgettes 300 g [5-6]
 garlic 2 cloves [1-2]
 garlic 3 cloves [5-6]
 garlic 4 cloves [3-4]
 ginger 4 cm [1-2]
 green chilli 1 [1-2]
 green peppers 150 g [5-6]
 mushrooms 100 g [1-2]
 onions 200 g [1-2]
 onions 200 g [3-4]
 onions 300 g [5-6]
 potatoes 1200 g [3-4]
 potatoes 300 g [5-6]
 red chilli 1 [5-6]
 turnips 300 g [5-6]

Dairy

cheese 100 g [14]
 cream 3 tbsp [1-2]
 greek yoghurt 300 ml [8-9]

Groceries

apricots 75 g [5-6]
 baked beans 400 g [7]
 canned chickpeas 400 g [3-4]
 canned chickpeas 400 g [5-6]
 canned kidney beans 400 g [3-4]
 canned lima beans 400 g [3-4]
 canned tuna fish 150 g [14]
 chappatis 8 [12-13]
 chopped cashew nuts 2 tbsp [1-2]
 chopped cashew nuts 2 tbsp [1-2]
 cous cous 400 g [5-6]
 frozen peas 110 g [1-2]
 frozen peas 400 g [10-11]
 grated parmesan 50 g [10-11]
 ground almonds 50 g [8-9]
 muffins 8 [14]
 pitta bread 4 [7]
 raisins 1 tbsp [1-2]
 raisins 75 g [5-6]
 red lentils 225 g [12-13]
 rice 400 g [1-2]
 rice 400 g [8-9]
 sweet corn 150 g [14]
 tagliatelli 450 g [10-11]
 tomato puree 150 g [3-4]
 tomato puree 75 g [14]

Meat

minced meat 400 g [3-4]

Checklist

bay leaf [12-13]
 cloves [1-2]
 creamed coconut [12-13]
 cumin seeds [12-13]
 curry powder [1-2]
 curry powder [12-13]
 curry powder [8-9]
 ground cinammon [5-6]
 ground cumin [3-4]
 ground cumin [5-6]
 ground turmeric [12-13]
 ground turmeric [5-6]
 ground turmeric [8-9]
 mustard seeds [12-13]
 mustard [3-4]
 oil [1-2]
 oil [10-11]
 oil [12-13]
 oil [3-4]
 oil [8-9]
 olive oil [5-6]
 olive oil [5-6]
 poppy seeds [1-2]
 sherry [3-4]
 stock [5-6]
 stock [5-6]

Other Shopping

Extra Vegetables

carrots 350 g [8-9]
 cauliflower 250 g [8-9]
 courgettes 400 g [10-11]
 garlic 2 cloves [12-13]
 garlic 2 cloves [8-9]
 ginger 4 cm [12-13]
 ginger 4 cm [8-9]
 green chilli 1 [8-9]
 green chillis 2 [12-13]
 mushrooms 100 g [14]
 onions 200 g [10-11]
 onions 200 g [12-13]
 onions 200 g [8-9]
 parsnips 300 g [8-9]

Extra Other Shopping

Meals 1 and 2 Cashew and pea curry

400 g rice	2 cloves garlic (crushed)
5 cloves	3 tbsp oil
1 tbsp curry powder	1 tbsp raisins
4 cm ginger (chopped)	110 g frozen peas
2 tbsp chopped cashew nuts	100 g mushrooms
2 tbsp poppy seeds	3 tbsp cream
1 green chilli (chopped)	4 tbsp yoghurt
200 g onions (chopped)	2 tbsp chopped cashew nuts

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a mixing bowl blend 5 cloves, 1 tbsp curry powder, 4 cm chopped ginger, 2 tbsp chopped cashew nuts, 2 tbsp poppy seeds, 150 ml water and 1 chopped green chilli.
- In a wok fry 200 g chopped onions, and 2 cloves crushed garlic in 3 tbsp oil until soft.
- Stir in the blended spices and 1 tbsp raisins and warm through.
- Stir in 110 g frozen peas, 100 g mushrooms, 3 tbsp cream, 4 tbsp yoghurt and 150 ml water and simmer for 5 minutes.
- Sprinkle 2 tbsp chopped cashew nuts on top.

Meals 3 and 4 Meat and bean stew

2 tbsp oil	400 g canned chickpeas (drained)
200 g onions (chopped)	1 tsp mustard
4 cloves garlic (crushed)	150 g tomato puree
400 g minced meat	1 tsp ground cumin
400 g canned kidney beans (drained)	half glass sherry
400 g canned lima beans (drained)	1200 g potatoes (washed)

- In a wok in 2 tbsp oil fry 200 g chopped onions, 4 cloves crushed garlic and 400 g minced meat until meat is done.
- Stir in 400 g drained canned kidney beans 400 g drained canned lima beans, 400 g drained canned chickpeas, 1 tsp mustard, 150 g tomato puree, 1 tsp ground cumin and half glass sherry. Put in a casserole dish cover and bake (200C, Gas 5, 380F) for 60 minutes.
- Bake 1200 g washed potatoes (200C, Gas 5, 380F) for 40 minutes.

Meals 5 and 6 Vegetable cous cous

3 tbsp olive oil	1 cube stock (crumbled)
300 g onions (chopped)	1 tsp ground cumin
400 g canned chickpeas	1 tsp ground cinammon
300 g potatoes (chopped)	400 g cous cous
300 g turnips (chopped)	1 tsp ground turmeric
300 g carrots (chopped)	1 cube stock (crumbled)
300 g courgettes (chopped)	3 tbsp olive oil
150 g green peppers (chopped)	75 g raisins
3 cloves garlic (crushed)	75 g apricots (chopped)
1 red chilli (chopped)	

- In a wok in 3 tbsp olive oil fry quickly 300 g chopped onions, 400 g canned chickpeas, 300 g chopped potatoes, 300 g chopped turnips, 300 g chopped carrots, 300 g chopped courgettes, 150 g chopped green peppers, 3 cloves crushed garlic and 1 chopped red chilli until warm.
- Stir in 1 cube crumbled stock, 1 tsp ground cumin, 1 tsp ground cinammon and 500 ml water and simmer until vegetables are done.
- In a dry wok toast 400 g cous cous until it starts to change colour.
- Stir in 1 tsp ground turmeric, 1 cube crumbled stock, 3 tbsp olive oil, 75 g raisins and 75 g chopped apricots then put in a casserole dish.
- Pour on 800 ml boiling water, cover and leave to stand for 20 minutes.
- Top the cous cous with the vegetables.

Meal 7 Quick Cheesey beans in pitta

400 g baked beans	50 g mature cheese (grated)
4 pitta bread (warmed)	

- 400 g baked beans, 4 warmed pitta bread and 50 g grated mature cheese.

Meals 8 and 9 Carrot and parsnip curry

400 g rice	300 g parsnips (chopped)
2 cloves garlic (crushed)	2 tbsp curry powder
200 g onions (chopped)	1 tsp ground turmeric
1 green chilli (chopped)	4 cm ginger (chopped)
4 tbsp oil	300 ml greek yoghurt
250 g cauliflower (flourettes)	50 g ground almonds
350 g carrots (sliced)	

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok fry 2 cloves crushed garlic, 200 g chopped onions and 1 chopped green chilli in 4 tbsp oil until soft.
- Stir in 250 g flourettes cauliflower, 350 g sliced carrots and 300 g chopped parsnips and simmer until soft.
- Stir in 2 tbsp curry powder, 1 tsp ground turmeric and 4 cm chopped ginger and cook for 2 minutes.
- Stir in 300 ml greek yoghurt, 200 ml water and 50 g ground almonds and warm through.

Meals 10 and 11 Courgette tagliatelli

2 tbsp oil	450 g tagliatelli
200 g onions (chopped)	400 g frozen peas
400 g courgettes (sliced)	50 g grated parmesan

- In a wok in 2 tbsp oil slowly fry 200 g chopped onions until done.
- Stir in 400 g sliced courgettes and cook slowly for 60 minutes.
- In a saucepan heat 2000 ml water then add 450 g tagliatelli, boil for 12 minutes then drain.
- Mash the courgettes and then stir in 400 g frozen peas and warm through.
- Sprinkle with 50 g grated parmesan before serving.

Meals 12 and 13 Tarka dhal and chappatis

1 bay leaf	200 g onions (sliced)
1 tbsp curry powder	2 cloves garlic (crushed)
1 tsp ground turmeric	4 cm ginger (chopped)
225 g red lentils	2 green chillis (chopped)
3 tbsp oil	25 g creamed coconut
1 tsp cumin seeds	8 chappatis
1 tsp mustard seeds	

- In a saucepan cook 1 bay leaf, 1 tbsp curry powder, 1 tsp ground turmeric and 225 g red lentils, in 450 ml water until soft.
- In a wok in 3 tbsp oil fry 1 tsp cumin seeds and 1 tsp mustard seeds until mustard seeds pop.
- Stir in 200 g sliced onions, 2 cloves crushed garlic, 4 cm chopped ginger and 2 chopped green chillis and fry until onion browns.
- Stir in the lentils and 25 g creamed coconut and warm through.
- Heat up 8 chappatis before serving.

Meal 14 Quick Muffin pizzas

8 muffins	150 g sweet corn
75 g tomato puree	150 g canned tuna fish
100 g mushrooms (sliced)	100 g cheese (grated)

- Grill 8 muffins until brown.
- Top with 75 g tomato puree, 100 g sliced mushrooms, 150 g sweet corn, 150 g canned tuna fish and 100 g grated cheese.

Menu M

[1-2] Potato and bacon omelette
 [3-4] Chicken and cauliflower
 [5-6] Black eyed bean stew
 [7] Quick Cheese and tomato omelette
 [8-9] Banana Curry
 [10-11] Tofu and peppers
 [12-13] Vegetable chilli stew
 [14] Quick Spaghetti and rocket

Shopping List

Vegetables

cauliflower 700 g [3-4]
 chilli 1 [5-6]
 lemon 1 [3-4]
 onion 1 [5-6]
 onions 350 g [1-2]
 potato 1200 g [1-2]
 tomatoes 2 [5-6]
 tomatoes 6 [7]

Dairy

butter 25 g [5-6]
 butter 50 g [14]
 cheddar cheese 50 g [1-2]
 eggs 4 [1-2]
 eggs 4 [7]
 gruyere cheese 50 g [1-2]
 mature cheese 50 g [7]

End of Spring

Groceries

black eyed beans 225 g [5-6]
 blackbean sauce 1 tbsp [10-11]
 canned cannellini beans 400 g [12-13]
 canned condensed chicken soup 300 g [3-4]
 canned kidney beans 400 g [12-13]
 canned tomatoes 400 g [12-13]
 cous cous 400 g [10-11]
 creamed tomatoes 500 g [12-13]
 mayonaise 200 g [3-4]
 noodles 400 g [5-6]
 rice 400 g [3-4]
 rice 400 g [8-9]
 sherry 0.5 cup [3-4]
 sherry 1 glass [12-13]
 spaghetti 250 g [14]
 tofu 300 g [10-11]
 tomato puree 150 g [12-13]

Meat

bacon 150 g [1-2]
 chicken pieces 400 g [3-4]

Checklist

curry powder [3-4]
 curry powder [8-9]
 grated parmesan [14]
 mustard seeds [8-9]
 oil [1-2]
 oil [10-11]
 oil [12-13]
 oil [8-9]
 stock cube [12-13]

Other Shopping

Extra Vegetables

garlic 3 cloves [12-13]
 ginger 8 cm [8-9]
 green bananas 1000 g [8-9]
 green chilli 1 [10-11]
 green chilli 1 [12-13]
 green chilli 2 [8-9]
 green peppers 150 g [12-13]
 onions 200 g [12-13]
 onions 400 g [8-9]
 potatoes 1000 g [12-13]
 red chilli 1 [10-11]
 red chilli 1 [12-13]
 red peppers 150 g [10-11]
 red peppers 150 g [12-13]
 rocket 200 g [14]
 tomatoes 400 g [10-11]

Extra Other Shopping

Meals 1 and 2 Potato and bacon omelette

1200 g potato (sliced)	50 g gruyere cheese (grated)
350 g onions (chopped)	4 eggs (beaten)
150 g bacon (chopped)	50 g cheddar cheese (grated)
2 tbsp oil	

- In a saucepan boil 1200 g sliced potato then drain.
- In a wok fry 350 g chopped onions and 150 g chopped bacon in 2 tbsp oil.
- Stir in the potatoes and 50 g grated gruyere cheese.
- Stir in 4 beaten eggs and cook until nearly done.
- Sprinkle on 50 g grated cheddar cheese and grill.

Meals 3 and 4 Chicken and cauliflower

400 g chicken pieces	0.5 cup sherry
700 g cauliflower (flourettes)	1 tsp curry powder
300 g canned condensed chicken soup	1 lemon
200 g mayonaise	400 g rice

- In a casserole dish bake 400 g chicken pieces until done.
- Cover with 700 g flourettes cauliflower.
- In a mixing bowl mix 300 g canned condensed chicken soup, 200 g mayonaise, 0.5 cup sherry, 1 tsp curry powder and juice of 1 lemon and pour over the cauliflower and bake (200C, Gas 5, 380F) for 30 minutes.
- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Meals 5 and 6 Black eyed bean stew

400 g noodles	2 tomatoes (chopped)
1 onion (sliced)	225 g black eyed beans (mashed)
25 g butter	1 chilli (chopped)

- In a saucepan put 400 g noodles, pour on 800 ml boiling water cover and stand for 10 minutes, then drain.
- In a wok fry 1 sliced onion in 25 g butter until soft.
- Stir in 2 chopped tomatoes and simmer for 5 minutes.
- Stir in 225 g mashed black eyed beans 1 chopped chilli and simmer for 10 minutes, add water if necessary.

Meal 7 Quick Cheese and tomato omelette

4 eggs (beaten)	50 g mature cheese (grated)
6 tomatoes (chopped)	

- 4 beaten eggs, 6 chopped tomatoes and 50 g grated mature cheese.

Meals 8 and 9 Banana Curry

400 g onions (chopped)	1 tbsp curry powder
2 green chilli	1 tsp mustard seeds
8 cm ginger (chopped)	1000 g green bananas (chopped)
6 tbsp oil	400 g rice

- In a wok fry 400 g chopped onions, 2 green chilli, 8 cm chopped ginger in 6 tbsp oil until onions soft.
- Stir in 1 tbsp curry powder and 1 tsp mustard seeds until mustard starts to pop.
- Stir in 1000 g chopped green bananas and fry quickly until hot.
- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Meals 10 and 11 Tofu and peppers

400 g cous cous	400 g tomatoes (chopped)
1 red chilli (chopped)	3 tbsp oil
1 green chilli (chopped)	300 g tofu (cubed)
150 g red peppers (sliced)	1 tbsp blackbean sauce

- In a saucepan pour 800 ml boiling water on 400 g cous cous, cover and stand for 10 minutes.
- In a wok fry 1 chopped red chilli, 1 chopped green chilli, 150 g sliced red peppers, 400 g chopped tomatoes in 3 tbsp oil until soft.
- Stir in 300 g cubed tofu, 1 tbsp blackbean sauce and warm through.

Meals 12 and 13 Vegetable chilli stew

1000 g potatoes (chopped)	150 g green peppers (chopped)
200 g onions (chopped)	400 g canned kidney beans (drained)
1 stock cube (crumbled)	400 g canned cannellini beans (drained)
3 cloves garlic	400 g canned tomatoes (chopped)
1 red chilli (chopped)	150 g tomato puree
1 green chilli (chopped)	500 g creamed tomatoes
4 tbsp oil	1 glass sherry
150 g red peppers (chopped)	

- In a saucepan boil 1000 g chopped potatoes until not quite done then drain and put in casserole dish.
- In a wok fry 200 g chopped onions, 1 crumbled stock cube, 3 cloves garlic, 1 chopped red chilli, 1 chopped green chilli, in 4 tbsp oil for 5 minutes.
- Stir in 150 g chopped red peppers, 150 g chopped green peppers, 400 g drained canned kidney beans, 400 g drained canned cannellini beans and simmer 5 minutes.
- Stir in 400 g chopped canned tomatoes, 150 g tomato puree, 500 g creamed tomatoes and 1 glass sherry and warm through.
- Pour on top of the potatoes and bake 30 minutes.

Meal 14 Quick Spaghetti and rocket

250 g spaghetti	50 g butter
200 g rocket (chopped)	20 g grated parmesan

- In a saucepan heat 1500 ml water then add 250 g spaghetti, boil for 12 minutes then drain
- Stir in 200 g chopped rocket and 50 g butter.
- Sprinkle on 20 g grated parmesan.

Summer

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Menu N

[1-2] Roasted vegetable pie
 [3-4] Liver and sausage casserole
 [5-6] Fish chowder
 [7] Quick Spam and mustard pasta
 [8-9] Coconut dal
 [10-11] Parsnip and bacon
 [12-13] Ethiopian peanut stew
 [14] Quick Scramble egg and peppers

Shopping List

Vegetables

courgettes 200 g [1-2]
 garlic 3 cloves [7]
 mushrooms 400 g [7]
 onion 300 g [1-2]
 onions 200 g [3-4]
 onions 500 g [5-6]
 potatoes 1000 g [5-6]
 red peppers 150 g [1-2]
 yellow pepper 150 g [1-2]

Dairy

butter 10 g [14]
 eggs 3 [1-2]
 eggs 4 [14]
 feta cheese 100 g [1-2]
 milk 500 ml [5-6]

Beginning of Summer

Groceries

bread crumbs 4 tbsp [10-11]
 canned evaporated milk 400 g [1-2]
 canned tomato soup 300 g [3-4]
 canned tomatoes 400 g [14]
 dessicated coconut 100 g [8-9]
 pasta shells 250 g [7]
 peanut butter 350 g [12-13]
 ready made pastry 1 pack [1-2]
 red lentils 225 g [8-9]
 rice 400 g [12-13]
 rice 400 g [3-4]
 rice 400 g [8-9]
 spam 200 g [7]
 sweet corn 400 g [5-6]
 tomato puree 150 g [12-13]
 whole grain mustard 195 g [7]

Meat

bacon 100 g [10-11]
 bacon 100 g [5-6]
 bacon 200 g [14]
 fish 300 g [5-6]
 liver 350 g [3-4]
 sausages 125 g [3-4]

Checklist

curry powder [12-13]
 dried basil [14]
 flour [5-6]
 ground turmeric [8-9]
 mustard [3-4]
 oil [10-11]
 oil [12-13]
 oil [14]
 oil [7]
 oil [8-9]
 paprika [10-11]
 vinegar [3-4]
 worcestershire sauce [3-4]

Other Shopping

Extra Vegetables

garlic 2 cloves [14]
 ginger 4 cm [8-9]
 green peppers 300 g [14]
 lemon 1 [8-9]
 onion 200 g [8-9]
 onions 200 g [12-13]
 onions 500 g [14]
 parsnips 800 g [10-11]

Extra Other Shopping

Meals 1 and 2 Roasted vegetable pie

300 g onion (chopped)	3 eggs (beaten)
150 g red peppers	100 g feta cheese
150 g yellow pepper	400 g canned evaporated milk
200 g courgettes (chopped)	1 pack ready made pastry

- In a casserole dish mix 300 g chopped onion, 150 g red peppers, 150 g yellow pepper, and 200 g chopped courgettes, and bake (240C, Gas 9, 475F) 25 minutes.
- In a bowl mix 3 beaten eggs, 100 g feta cheese and 400 g canned evaporated milk. Pour over the vegetables, cover with 1 pack ready made pastry and bake (200C, Gas 5, 380F) 40 minutes.

Meals 3 and 4 Liver and sausage casserole

125 g sausages (chopped)	2 tbsp worcestershire sauce
350 g liver (chopped)	1 tsp vinegar
200 g onions (chopped)	1 tsp mustard
300 g canned tomato soup	400 g rice

- In a casserole dish bake 125 g chopped sausages (200C, Gas 5, 380F) for 30 minutes.
- In a casserole dish mix the sausages, 350 g chopped liver, 200 g chopped onions, 300 g canned tomato soup, 2 tbsp worcestershire sauce, 1 tsp vinegar, 1 tsp mustard and bake (200C, Gas 5, 380F) for 60 minutes.
- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Meals 5 and 6 Fish chowder

1000 g potatoes (cubed)	500 g onions (chopped)
300 g fish (chopped)	2 tbsp flour
400 g sweet corn	500 ml milk
100 g bacon	

- In a saucepan in 400 ml water boil 1000 g cubed potatoes for 10 minutes.
- Stir in 300 g chopped fish and 400 g sweet corn and simmer for 10 minutes.
- In a wok fry 100 g bacon and 500 g chopped onions until bacon done.
- Stir in 2 tbsp flour until absorbed and then stir in 500 ml milk to make a sauce.
- Mix the fish and the bacon mixtures together.

Meal 7 Quick Spam and mustard pasta

250 g pasta shells	3 cloves garlic (crushed)
2 tbsp oil	400 g mushrooms (sliced)
200 g spam (sliced)	195 g whole grain mustard

- In a saucepan heat 1500 ml water then add 250 g pasta shells, boil for 12 minutes then drain.
- In a wok in 2 tbsp oil fry 200 g sliced spam, 3 cloves crushed garlic and 400 g sliced mushrooms.
- Stir in 195 g whole grain mustard and the pasta, and warm through.

Meals 8 and 9 Coconut dal

400 g rice	200 g onion (chopped)
225 g red lentils	100 g dessicated coconut
1 tbsp ground turmeric	1 tbsp oil
4 cm ginger (chopped)	1 lemon (sliced)

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a saucepan cook 225 g red lentils 1 tbsp ground turmeric, 4 cm chopped ginger and 200 g chopped onion in 600 ml water until soft.
- In a wok fry 100 g dessicated coconut in 1 tbsp oil until it goes brown.
- Sprinkle the coconut on the dal before serving and serve with 1 sliced lemon.

Meals 10 and 11 Parsnip and bacon

800 g parsnips (sliced)	1 tbsp oil
2 tsp paprika	4 tbsp bread crumbs
100 g bacon (chopped)	

- Steam or microwave 800 g sliced parsnips and then roll in 2 tsp paprika.
- In a wok fry 100 g chopped bacon and the parsnips in 1 tbsp oil until the bacon done.
- Stir in 4 tbsp bread crumbs.

Meals 12 and 13 Ethiopian peanut stew

400 g rice	1 tbsp curry powder
2 tbsp oil	150 g tomato puree
200 g onions (chopped)	350 g peanut butter

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok, fry, in 2 tbsp oil 200 g chopped onions, until soft.
- Stir in 1 tbsp curry powder and 150 g tomato puree and cook for 5 minutes.
- Stir in 350 g peanut butter and 350 ml water and simmer for 15 minutes uncovered.

Meal 14 Quick Scramble egg and peppers

2 cloves garlic (crushed)	2 tbsp oil
500 g onions (chopped)	400 g canned tomatoes (chopped)
300 g green peppers (sliced)	1 tbsp dried basil
200 g bacon (chopped)	4 eggs (beaten)
10 g butter	

- In a wok fry 2 cloves crushed garlic, 500 g chopped onions, 300 g sliced green peppers and 200 g chopped bacon in 10 g butter and 2 tbsp oil until onions are soft.
- Stir in 400 g chopped canned tomatoes, 1 tbsp dried basil and simmer for 5 minutes.
- Stir in 4 beaten eggs and keep stirring until cooked.

Menu O

[1-2] Paprika pork
 [3-4] Potatoes Swedish style
 [5-6] Cheese Cous Cous
 [7] Quick Spaghetti Hoops
 [8-9] Fish Curry
 [10-11] Penang Rice Noodles
 [12-13] Egg Curry
 [14] Quick Mackerel on bread

Shopping List

Vegetables

aubergine 400 g [5-6]
 butter 25 g [3-4]
 courgettes 400 g [5-6]
 garlic 3 cloves [1-2]
 green peppers 150 g [5-6]
 lettuce 1 [5-6]
 lime 1 [5-6]
 onions 350 g [3-4]
 onions 350 g [5-6]
 onions 400 g [1-2]
 potatoes 2000 g [3-4]
 red peppers 150 g [5-6]
 red peppers 2 [1-2]
 tomatoes 100 g [5-6]

Dairy

butter 20 g [14]
 eggs 4 [12-13]
 halloumi cheese 200 g [5-6]
 natural yoghurt 150 ml [1-2]
 single cream 300 ml [3-4]

Groceries

anchovy fillets 200 g [3-4]
 bread crumbs 4 tbsp [3-4]
 canned spaghetti hoops 400 g [7]
 canned tomatoes 400 g [12-13]
 canned tomatoes 400 g [8-9]
 capers 50 g [5-6]
 cous cous 400 g [5-6]
 cous cous 400 g [8-9]
 dry sherry 1 tbsp [10-11]
 granary bread 4 slices [7]
 granary bread 6 slices [14]
 oil 2 tbsp [10-11]
 olives 100 g [5-6]
 oyster sauce 2 tbsp [10-11]
 pickle/chutney 2 tbsp [8-9]
 rice 400 g [1-2]
 rice 400 g [12-13]
 rice noodles 400 g [10-11]
 sesame oil 1 tbsp [10-11]
 soya sauce 2 tbsp [10-11]
 tomato puree 150 g [12-13]
 tomato puree 2 tbsp [8-9]
 tomato puree 75 g [5-6]

Meat

fish 500 g [8-9]
 pork 400 g [1-2]
 smoked mackerel fillet 400 g [14]

Checklist

curry powder [12-13]
 curry powder [8-9]
 flour [1-2]
 ground cumin [5-6]
 oil [1-2]
 oil [12-13]
 olive oil [5-6]
 olive oil [5-6]
 onion seeds [5-6]
 paprika [1-2]
 stock [1-2]

Other Shopping

Extra Vegetables

apples 200 g [8-9]
 chinese green leafs 200 g [10-11]
 chives 100 g [10-11]
 garlic 2 cloves [10-11]
 garlic 3 cloves [12-13]
 onions 300 g [10-11]
 onions 350 g [12-13]
 onions 350 g [8-9]
 spring onions 100 g [10-11]

Extra Other Shopping

Meals 1 and 2 Paprika pork

400 g rice	2 tbsp flour
2 tbsp oil	2 tsp paprika
400 g onions (chopped)	2 red peppers (chopped)
3 cloves garlic (crushed)	1 cube stock (crumbled)
400 g pork (cubed)	150 ml natural yoghurt

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- In a wok in 2 tbsp oil fry 400 g chopped onions, 3 cloves crushed garlic and 400 g cubed pork until the pork is done.
- Stir in 2 tbsp flour and 2 tsp paprika.
- Stir in 2 chopped red peppers, 1 cube crumbled stock, and 500 ml water and simmer until done.
- Pour on 150 ml natural yoghurt before serving.

Meals 3 and 4 Potatoes Swedish style

2000 g potatoes (sliced)	25 g butter
350 g onions (chopped)	300 ml single cream
200 g anchovy fillets	4 tbsp bread crumbs

- In a casserole dish layer 2000 g sliced potatoes, 350 g chopped onions, 200 g anchovy fillets and 25 g butter.
- Pour over 300 ml single cream.
- Sprinkle with 4 tbsp bread crumbs.
- Bake (200C, Gas 5, 380F) for 50 minutes.

Meals 5 and 6 Cheese Cous Cous

400 g courgettes (sliced)	100 g olives (chopped)
350 g onions (sliced)	400 g cous cous
150 g red peppers (sliced)	2 tbsp olive oil
150 g green peppers (sliced)	1 lime
400 g aubergine (sliced)	1 tbsp ground cumin
2 tbsp olive oil	75 g tomato puree
100 g tomatoes (chopped)	2 tsp onion seeds
50 g capers	1 lettuce (chopped)
200 g halloumi cheese (chopped)	

- In a casserole dish bake 400 g sliced courgettes, 350 g sliced onions, 150 g sliced red peppers, 150 g sliced green peppers, 400 g sliced aubergine in 2 tbsp olive oil for 30 minutes.
- Stir in 100 g chopped tomatoes, 50 g capers, 200 g chopped halloumi cheese, 100 g chopped olives and bake for 10 minutes.
- In a saucepan pour 800 ml boiling water on 400 g cous cous, cover and stand for 10 minutes
- In a wok mix 2 tbsp olive oil, juice of 1 lime, 1 tbsp ground cumin, 75 g tomato puree, 2 tsp onion seeds and warm through.
- Put the vegetables on to the cous cous. Then a layer of 1 chopped lettuce. Then the olive oil mixture.

Meal 7 Quick Spaghetti Hoops

400 g canned spaghetti hoops	4 slices granary bread
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- In a saucepan warm 400 g canned spaghetti hoops and serve on 4 slices granary bread.

Meals 8 and 9 Fish Curry

500 g fish (chopped)	2 tbsp pickle/chutney
350 g onions (chopped)	400 g canned tomatoes (chopped)
200 g apples (chopped)	1 tbsp curry powder
2 tbsp tomato puree	400 g cous cous

- In a casserole dish mix 500 g chopped fish, 350 g chopped onions, 200 g chopped apples, 2 tbsp tomato puree, 2 tbsp pickle/chutney, 400 g chopped canned tomatoes and 1 tbsp curry powder, bake (200C, Gas 5, 380F) for 30 minutes.
- In a saucepan pour 800 ml boiling water on 400 g cous cous, cover and stand for 10 minutes.

Meals 10 and 11 Penang Rice Noodles

400 g rice noodles	100 g chives (chopped)
2 tbsp oil	2 tbsp soya sauce
2 cloves garlic (crushed)	1 tbsp dry sherry
300 g onions (sliced)	2 tbsp oyster sauce
100 g spring onions (chopped)	1 tbsp sesame oil
200 g chinese green leafs (hacked)	

- In a pan soak 400 g rice noodles in 1 l warm water for 25 minutes then drain.
- In a wok in 2 tbsp oil fry 2 cloves crushed garlic, 300 g sliced onions, 100 g chopped spring onions, 200 g hacked chinese green leafs and 100 g chopped chives until wilted.
- Add the noodles, 2 tbsp soya sauce, 1 tbsp dry sherry, 2 tbsp oyster sauce and 1 tbsp sesame oil and warm through.

Meals 12 and 13 Egg Curry

350 g onions (chopped)	150 g tomato puree
3 cloves garlic (crushed)	400 g canned tomatoes (chopped)
2 tbsp oil	400 g rice
1 tbsp curry powder	4 eggs

- In a wok fry 350 g chopped onions and 3 cloves crushed garlic in 2 tbsp oil until soft.
- Stir in 1 tbsp curry powder and warm through.
- Stir into the 150 g tomato puree and 400 g chopped canned tomatoes and simmer 20 minutes.
- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.
- Break 4 eggs into the curry and simmer until set.

Meal 14 Quick Mackerel on bread

400 g smoked mackerel fillet	20 g butter
6 slices granary bread	

- Grill 400 g smoked mackerel fillet and serve with 6 slices granary bread and 20 g butter.

Menu P

[1-2] Recipe

Shopping List

Vegetables

Dairy

Groceries

rice 400 g [1-2]

Meat

Checklist

Other Shopping

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 Meat and Pasta Stew

400 g meat (chopped)	10 tbsp sherry
2 tbsp oil	1 stock cube (crumbled)
400 g canned tomatoes (chopped)	800 g frozen peas
400 g carrots (chopped)	400 g pasta shells

- In a saucepan fry 400 g chopped meat in 2 tbsp oil until done.
- Stir in 400 g chopped canned tomatoes, 400 g chopped carrots, 500 ml water, 10 tbsp sherry, 1 crumbled stock cube and 800 g frozen peas and simmer for 20 minutes.
- Stir in 400 g pasta shells simmer for 15 minutes.

Meals 3 and 4 Fletch's Chicken Curry

500 g chicken (chopped)	2 tbsp pickle/chutney
350 g onions (chopped)	400 g canned tomatoes (chopped)
200 g apples (chopped)	1 tbsp curry powder
150 g tomato puree	400 g rice

- In a casserole dish mix 500 g chopped chicken, 350 g chopped onions, 200 g chopped apples, 150 g tomato puree, 2 tbsp pickle/chutney, 400 g chopped canned tomatoes and 1 tbsp curry powder, bake (200C, Gas 5, 380F) for 30 minutes.
- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Meals 5 and 6 Peas and Rice

350 g onions (chopped)	1 cube stock (crumbled)
80 g butter	400 g rice
800 g frozen peas	50 g grated parmesan

- In a wok fry 350 g chopped onions in 80 g butter until soft.
- Stir in 800 g frozen peas, 1 cube crumbled stock 400 g rice and 800 g water and simmer until rice done.
- Before serving stir in 50 g grated parmesan.

Meal 7 Quick Anchovy Spaghetti

250 g spaghetti	400 g canned tomatoes (chopped)
1 clove garlic (crushed)	100 g anchovy fillets (chopped)
1 red chilli (chopped)	100 g olives (chopped)
2 tbsp oil	50 g capers
150 g tomato puree	

- In a saucepan heat 1500 ml water then add 250 g spaghetti, boil for 12 minutes then drain.
- In a wok fry 1 clove crushed garlic and 1 chopped red chilli in 2 tbsp oil until brown.
- Stir in 150 g tomato puree, 400 g chopped canned tomatoes, 100 g chopped anchovy fillets, 100 g chopped olives and 50 g capers and simmer for 10 minutes.

Meals 8 and 9 Sausage Spaghetti

450 g spaghetti	150 g tomato puree
1 clove garlic (crushed)	1 tsp mixed herbs
2 tbsp oil	400 g canned tomatoes (chopped)
150 ml wine	400 g sausages (chopped)

- In a saucepan heat 2000 ml water then add 450 g spaghetti, boil for 12 minutes then drain.
- In a wok simmer 1 clove crushed garlic, 2 tbsp oil, 150 ml wine, 150 g tomato puree, 1 tsp mixed herbs, 400 g chopped canned tomatoes and 400 g chopped sausages until sausages done.

Meals 10 and 11 Lentil Hotpot

350 g onions (chopped)	2 tbsp oil
150 g red peppers (chopped)	225 g red lentils
400 g celery (chopped)	3 tsp mixed herbs
300 g fennel (chopped)	500 g potatoes (sliced)
100 g mushrooms (chopped)	2 tsp miso
2 clove garlic (crushed)	

- In a wok fry 350 g chopped onions, 150 g chopped red peppers, 400 g chopped celery, 300 g chopped fennel 100 g chopped mushrooms and 2 clove crushed garlic in 2 tbsp oil until soft.
- In a casserole dish layer 225 g red lentils, 3 tsp mixed herbs and vegetable tomato mix 3 times.
- Layer 500 g sliced potatoes on top.
- Pour on 2 tsp miso dissolved in 500 g warm water,
- Bake (200C, Gas 5, 380F) for 50 minutes.

Meals 12 and 13 Bean and Nut Roast

1200 g potatoes (washed)	3 tsp miso
350 g onions (chopped)	2 tbsp pickle/chutney
1 clove garlic (crushed)	2 tbsp whole grain mustard
2 tbsp oil	1 tsp ground cumin
100 g nuts (chopped)	1 tsp ground coriander
4 tbsp bread crumbs	1 tsp garam masala
75 g tomato puree	400 g canned beans (mashed)

- Bake 1200 g washed potatoes (200C, Gas 5, 380F) for 40 minutes.
- In a wok fry 350 g chopped onions, and 1 clove crushed garlic in 2 tbsp oil until soft.
- Stir in 100 g chopped nuts, 4 tbsp bread crumbs, 75 g tomato puree, 3 tsp miso, 2 tbsp pickle/chutney, 2 tbsp whole grain mustard, 1 tsp ground cumin, 1 tsp ground coriander and 1 tsp garam masala.
- Stir in 400 g mashed canned beans and mix well.
- Put in a casserole dish and bake (200C, Gas 5, 380F) for 45 minutes.

Meal 14 Quick Chilli Spaghetti

250 g spaghetti	25 g butter
1 chilli (chopped)	1 lemon
1 clove garlic (crushed)	1 tsp basil
1 tbsp olive oil	

- In a saucepan heat 1500 ml water then add 250 g spaghetti, boil for 12 minutes then drain.
- In a wok fry 1 chopped chilli, 1 clove crushed garlic in 1 tbsp olive oil and 25 g butter for 1 minute.
- Stir in the juice of 1 lemon and 1 tsp basil.

Menu Q

[1-2] Recipe

Shopping List

Vegetables

Dairy

Summer Solstice

Groceries

rice 400 g [1-2]

Meat

Checklist

Other Shopping

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 Recipe

400 g rice

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Menu R

[1-2] Recipe

Shopping List

Vegetables

Dairy

Groceries

rice 400 g [1-2]

Meat

Checklist

Other Shopping

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 Recipe

400 g rice

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Menu S

[1-2] Recipe

Shopping List

Vegetables

Dairy

Groceries

rice 400 g [1-2]

Meat

Checklist

Other Shopping

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 Recipe

400 g rice

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Menu T

[1-2] Recipe

Shopping List

Vegetables

Dairy

End of Summer

Groceries

rice 400 g [1-2]

Meat

123

124

Checklist

Other Shopping

Menu T – End of Summer

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 Recipe

400 g rice

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

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Menu U

[1-2] Recipe

Shopping List

Vegetables

Dairy

Beginning of Autumn

Groceries

rice 400 g [1-2]

Meat

Checklist

Other Shopping

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 Recipe

400 g rice

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Menu V

[1-2] Recipe

Shopping List

Vegetables

Dairy

Groceries

rice 400 g [1-2]

Meat

Checklist

Other Shopping

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 **Recipe**

400 g rice

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Menu W

[1-2] Recipe

Shopping List

Vegetables

Dairy

Autumn Equinox

Groceries

rice 400 g [1-2]

Meat

Checklist

Other Shopping

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 Recipe

400 g rice

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Menu X

[1-2] Recipe

Shopping List

Vegetables

Dairy

Groceries

rice 400 g [1-2]

Meat

141

142

Menu X –

Checklist

Other Shopping

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 Recipe

400 g rice

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Menu Y

[1-2] Recipe

Shopping List

Vegetables

Dairy

Groceries

rice 400 g [1-2]

Meat

Checklist

Other Shopping

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 Recipe

400 g rice

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

Menu Z

[1-2] Recipe

Shopping List

Vegetables

Dairy

End of Autumn

Groceries

rice 400 g [1-2]

Meat

Checklist

Other Shopping

Extra Vegetables

Extra Other Shopping

Meals 1 and 2 Recipe

400 g rice

- In a saucepan boil 400 g rice in 800 ml water then turn off, cover and stand for 30 minutes.

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