

TEN DAY FAMILY MEAL FOR FOUR PLANNER

MEALS

Day 1: Five bean chilli and rice - Choc ices

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Day 2: Bangers, mash & veg-Raspberry ripple mousse

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Day 3: Pasta and tomato sauce - Fruit yoghurts

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Day 4: Fish fingers, chips and mushy peas -

Apple crumble and custard

Day 5: Jacket potatoes, cheese 'n' beans - Choc ices

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Day 6: Hotdogs, chips 'n' beans - Müller choc mousse

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Day 7: Minced beef in onion gravy, mixed veg & mash - Jelly

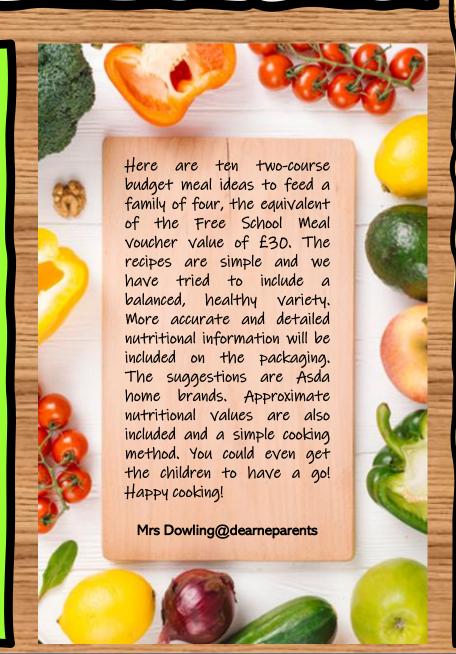
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Day 8: Cheese and broccoli pasta with garlic bread -Fruit yoghurt & raspberry ripple mousse

Day 9: Vegetable curry and rice - Viennetta

Day 10: Chicken pasta and tomato sauce - Rice pudding

Food tastes
better when you
eat it with your
family.



Shopping List	
Product	Cost
Asda Mexican beans (x2)	£1.30
Onions (includes 3)	£0.30
Chopped tinned tomatoes	£0.28
Smart price long grain rice	£0.49
Sausages (includes 8)	£2.00
2kg Potatoes	£1.25
Chilli mix sachet	£0.21
Pasta (x2 bags)	£1.00
x2Tomato pasta sauce (various flavours)	£1.18
X1 box of fish fingers (includes 10)	£1.36
x2 Asda Mushy peas	£0.54
1.5kg straight cut chips	£1.25
Frozen mixed vegetables	£0.94
Jacket potatoes (includes 4)	£0.76
250g Grated cheddar	£1.75
Baked beans (x2)	£0.58
Hotdogs (includes 8)	£0.50
6 White finger rolls	£0.53
500g Minced beef	£1.59
Gravy	£1.00
Cheese and broccoli pasta (x3 packets)	£1.23
Garlic bread (x2 baguettes)	£0.80
Frozen broccoli, carrots and cauliflower	£0.99
Tikka Masala curry sauce	£0.64
Battered crispy chicken (includes 2)	£1.00
Choc ices (includes 8)	£0.70
Raspberry ripple mousse (includes 6)	£0.68
Yoghurts (includes 6)	£0.90
Apple crumble	£0.90
x2 Tins of custard	£0.50
Muller lite chocolate mousse (includes 4)	£1.00
Viennetta	£1.00
Jelly (various flavours)	£0.38
x2 Tins of rice pudding	£0.40
TOTAL	£29.93



<u>Inaredients</u>

1 onion diced

500g rice

x1 tin of chopped tomatoes

X1 chilli mix packet

x2 cans of mixed beans

Nutritional value per serving

Calories: 596

Fat: 17.5g

Carbohydrates: 90.6g

Protein: 22.8g

Method

- Chop one onion and fry until golden brown.
- Begin to cook the rice according to packet instructions (usually takes approximately 15 minutes).
- Add the chilli powder mix, chopped tomatoes to the onion and warm through.
- Open the cans of mixed beans and drain.
- Add the drained beans to the tomato and onion sauce and warm through.





Dessert Chocice (92 calories)

Day 2: Bangers, mash & veg-Raspberry ripple mousse

<u>Ingredients</u>

8 sausages 1kg potatoes 500g mixed vegetables Gravy powder

Nutritional value per serving

Calories: 776 Fat: 48.48g

Carbohydrates: 52.42g

Protein: 33.56

- Preheat the oven. Place the sausages in an oven proof dish and cook according to packet instructions (usually around 20 minutes).
- Meanwhile peel and cut up 1kg of potatoes and boil in salty water, until soft.
- Place 500g of frozen mixed vegetables in a pan of water and boil until cooked.
- Drain and mash the potatoes.
- Make some gravy according to packet instructions (optional).





Dessert Raspberry ripple mousse (160 calories)



Day 3: Pasta and tomato sauce - Fruit yoghurts

Ingredients

1kg bag of pasta 1 jar of tomato sauce

Method

- · Boil 1kg of pasta in salted water for around 10 minutes.
- · Slowly heat the pasta sauce until warmed through.
- Drain the pasta and add to the sauce. Stir until mixed together.





Nutritional

value per

Calories: 412

Carbohydrates:

Protein: 15.12g

serving

Fat: 4.4q

83.2g

Dessert Yoghurt (90 calories) Tip: try it frozen

Day 4: Fish fingers, chips and mushy peas - Apple crumble and custard

Ingredients

Method

1 box of fish fingers 750g oven chips x2 tins of mushy peas

Nutritional value per serving

Calories: 484 Fat: 11q

Carbohydrates:

58g Protein: 42g

- Preheat the oven. Place the fish fingers and 750g of chips in an oven proof dish and cook according to packet instructions (usually around 20 minutes).
- Five minutes before the fish fingers and chips are cooked, warm through the mushy peas in a pan.





Dessert Apple crumble and custard (311 calories)

Day 5: Jacket potatoes, cheese 'n' beans - Choc ices

<u>Ingredients</u>

X4 jacket potatoes

1 packet of grated cheese

1 tin of beans

Method

- Preheat the oven 220°C or gas mark 6.
- Wrap the 4 potatoes in foil and bake in the oven for around 1.5 hours. Alternatively, you could cook the potatoes in the microwave for around 10 minutes each (without the foil!).
- Just before the potatoes are cooked, warm the baked beans through.
- Add the beans and grated cheese to the potatoes.





Nutritional

value per

Fat: 16.1q

71.9g

Calories: 522

Carbohydrates:

Protein: 22.0g

serving

<u>Pessert</u> Choc ice (92 calories)

Day 6: Hotdogs, chips 'n' beans - Müller choc mousse

<u>Ingredients</u>

750g oven chips
x4 white finger rolls
x1 tin of beans
x1 tin of hotdogs

Nutritional value per serving

Calories: 788 Fat: 20.2g

Carbohydrates: 78.3g

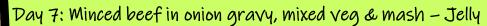
Protein: 18.3g

- Preheat the oven. Place 750g of chips in an oven proof dish and cook according to packet instructions (usually around 20 minutes).
- Five minutes before the chips are cooked, warm through the hot dogs in a pan of simmering water.
- Warm through the beans in pan.
- · Place hotdog in bread roll.





<u>Dessert</u>
Wuller lite chocolate
mousse (95 calories)



Ingredients

500g minced beef x1 onion diced 1kg potatoes 500g frozen vegetables Gravy powder

Nutritional value per serving

Calories: 544

Fat: 16.42g

Carbohydrates:

68.92g

Protein: 31.10g

Method

- Fry the mincemeat and 1 onion until brown. Once cooked, drain off any excess fat.
- Meanwhile peel and cut up 1kg of potatoes and boil in salty water, until soft.
- Place 500g of frozen mixed vegetables in a pan of water and boil until cooked.
- Drain and mash the potatoes.
- Make the desired amount of gravy and add to the mincemeat and onion, Stir well,





Dessert Jelly (149 calories)

Day 8: Cheese and broccoli pasta with garlic bread - Fruit yoghurt & raspberry ripple mousse

Ingredients

x3 packets of Asda cheese and broccoli pasta X1 packet of garlic baguettes

Nutritional value per serving

Calories: 633 Fat: 20.4g

Carbohydrates: 110.7g

Protein: 22.6g

- Make the pasta according to packet instructions.
- Meanwhile, preheat the oven and bake the garlic bread according to packet instructions.
- Mix leftover yoghurt and mousse for dessert.





Dessert Fruit yoghurt and raspberry ripple mousse (160 calories)

Day 9: Vegetable curry and rice – Vienetta

Ingredients

X1 jar of tikka masala sauce

x1 onion

500g rice

Frozen broccoli, carrots and cauliflower

Nutritional value per

serving

Calories: 750

Fat: 27g

Carbohydrates:

97.5g

Protein: 13.5g

Method

- Boil a desired amount of vegetables for around 10 minutes.
- Chop the onion and fry until golden brown.
- Meanwhile, cook the rice according to packet instructions (usually takes approximately 15 minutes).
- Warm through the jar of tikka masala sauce.
- Drain the cooked vegetables and add to the tikka masala sauce. Stir through until mixed together.





<u>Dessert</u> Viennetta (250 calories)

Day 10: Chicken pasta and tomato sauce - Rice pudding

<u>Ingredients</u>

1kg pasta 2 battered chicken fillets X1 jar of tomato pasta sauce

Nutritional value per serving

Calories: 562
Fat: 6.4g
Carbohydrates:

90.2g

Protein: 22.12g

- Boil the pasta in salted water for around 10 minutes.
- Meanwhile, preheat the oven and bake the battered crispy chicken according to packet instructions.
- Slowly heat the pasta sauce until warmed through.
- Drain the pasta and add to the sauce.
- Cut up the chicken and add to the pasta and sauce. Stir until mixed together.





<u>Dessert</u>
Rice pudding (169 calories)