

Your Weekly Meal Plan

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1



Fishcakes with peas and carrots

2



Meatballs with pasta

3



Eggy bake with salad and coleslaw

4



Jacket potato with cheese and beans

5



Pulled pork with a crusty roll and coleslaw

6



Flatbread pizza

7



Roast chicken, potatoes, peas, carrots, broccoli and gravy, followed by apple crumble



Your Shopping List

Chilled products

1 pack of pork mince
1 pork shoulder joint
1 large chicken
1 pack of cooked ham

2 pints of milk
1kg of natural yoghurt
1 pack of butter
500g of Cheddar cheese

Fresh fruit and vegetables

1kg of carrots
2kg of potatoes
4 baking potatoes
1 pack of leeks
2 heads of broccoli
3 onions

1 whole cucumber
1 pack of cherry tomatoes
6 eating apples
1 white cabbage
1 bag of salad
1 bulb of garlic

Other

1 tin of chopped tomatoes
2 tins of tuna
1 jar of mayonnaise
2 tins of baked beans
500g of passata
1 pack of chicken gravy granules
1 pot of bay leaves
1 pot of Cajun / BBQ seasoning

1 box of veg / chicken stock cubes
1 bottle of cider vinegar
500g of self-raising flour
500g of pasta
2 bake at home baguettes
1 loaf of bread
1 bag of frozen peas
6 eggs

Total cost: £49.13*

*Food purchased from Tesco, Hereford on 26 October 2022, prices may vary



LET'S GO SHOPPING!

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Top Tips

This shopping list contains some 'store cupboard' ingredients, so the actual cost of the food used, is under £35 for the week!

A bag of salad stays fresh for longer, if you place a piece of kitchen towel in the bag, as it absorbs the moisture

Pulled pork makes a great pizza topping or you can use it instead of beans with your jacket potato!

When cooking your roast chicken, make extra potatoes, as these can be mashed ready for your fishcakes, for a super quick dinner!

To make coleslaw, finely chop an onion, half a white cabbage, grate a carrot and combine together with 3 tablespoons of mayonnaise

If you're short of time, don't worry about making breadcrumbs for your fishcakes. You can shallow fry them without any

Flatbreads are really versatile. Try covering them in garlic butter and cheese and enjoy with pasta or eat plain with a delicious curry!

You can use any type of minced meat for the meatballs

You can buy ready made breadcrumbs, if you'd prefer not to make your own. You can also freeze any excess to use later

Use the leftover yoghurt from your flatbreads and serve it with the apple crumble for a tasty dessert!

The fishcakes are delicious with other tinned fish too. Use salmon or mackerel, which will add omega 3 to your meal!

Blend the leftover tomatoes from the pulled pork to make your pizza sauce. You can also use ketchup, tomato puree or BBQ sauce

You can substitute the leek and ham in the egggy bake, for other options! Why not try roasted butternut squash and feta cheese?

If you don't fancy pasta, meatballs also taste great served in a crispy baguette with a little bit of cheese!

You can use different fruits for your crumble, such as blackberry, pear or plum. They can be tinned, dried, frozen or you can use a combination of each

Sweet potatoes make a delicious alternative to white jacket potatoes and you cook them in exactly the same way!

Pulled pork is also delicious served with a crisp salad and coleslaw. You can add some chips too, if you want a more substantial meal

To make your jacket potato more interesting, try adding vegetables or meat to your beans. Chorizo, mushrooms or bacon all taste great!

The egggy bake is perfect for cooking in advance, as you can eat it cold or simply re-heat it. It's great if you're short of time for making dinner!