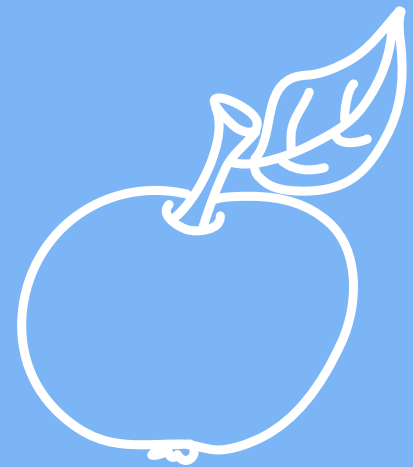


# Sian's Back to School Meal Plan

Ready - Steady - Go!

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# Meal Planning

Money Making

Time Saving

Stress Busting

Waste Reducing

Health Optimising

Are these words that appeal to you? If so, meal planning will suit you very well.

With just a little effort and an efficient food store cupboard, all your mealtimes could be a breeze. Whether you plan for three, five or seven days, whether you opt to use cookery books and hand-written shopping lists or use twenty minutes doing it online, the benefits are the same. Meal planning not only maximises your time for other things, it is also great fun for all the family, from planning to shopping to cooking and well, even the washing up might not be so bad.

Lucky for you I have prepared for this eBook. Inside is my two week Back to School Meal Calendar, recipes and grocery lists to get you started with meal planning. This will leave you free to hear all about the first two weeks in school, help with homework and enjoy Indian Summer (hopefully) evenings with the kids.

All recipes are for 4.

You can also hop on my [website](#) to find out lots more about happy meal planning.

Let's Go.

# Meal Plan Calendar

	Day One	Day Two	Day Three	Day Four	Day Five
Week One	<u>Chicken Fajitas</u>	<u>Cheese Omelette with Dip In Dip Out Salad</u>	<u>Chilli Con Carne</u>	<u>Green Pea and Red Onion Pasta with Leftover Chicken or Vegetables</u>	<u>Breaded Fish Fingers served with Potato Wedges and Dip In Dip Out Salad</u>
Week Two	<u>Lamb Tacos with Salad</u>	<u>Mexican Chicken Stew</u>	<u>Vegetarian Curry</u>	<u>Cauliflower and Pasta Gratin</u>	<u>Chowder (Mixed Fish)</u>

# Week 1 - Shopping List

## Shopping List

## Store Cupboard Ingredients

100 g Bread Crumbs

1 can Chopped Tomatoes

200 g Basmati Rice

1/2 tsp Garlic Powder

8 Tortilla Wraps

1 Cucumber

1 Beef Stock Cube

6 tblsp Olive oil

250 g Mince Beef

1 Green Pepper

50 g Butter

1 Onion

400 g White Fish

2 Lettuce

250 g Cheese

3 tsp Paprika

3 Chicken fillets

4 Potatoes

3 tsp Chilli Powder

200 g Pasta

1 can Kidney Beans

3 Red Onion

25 g Cornflour

2 tblsp Tomato puree

100 mls Salsa

3 Red pepper

3 tsp Cumin

1 tsp Chilli powder

100 mls Sour Cream

4 Spring onions

300 g Frozen Green Peas

30 g Flour

2 Carrots

1 Yellow Pepper

60 mls Milk

1 pack Cherry Tomatoes

10 Eggs

# Chicken Fajita Wraps



## Introduction

Delicious fajitas are easy and quick to make and without much persuading you could get a night off whilst the family can get stuck into preparing and cooking for you.

## Cooking Time

Prep Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

## Ingredients

- 1/2 tsp Chilli Powder (Optional)
- 1/2 tsp Ground Cumin
- 1/2 tsp Garlic Powder
- 25 g Cornflour
- 60 mls Water
- 2 tblsp Olive oil
- 3 Chicken fillets (Cut into thin strips)
- 1 red pepper (Deseed and cut into strips)
- 1 Green Pepper (Deseed and cut into strips)
- 1 Red Onion (Peel and slice thinly)
- 8 Tortilla Wraps
- 1 Lettuce
- 100 mls Salsa (Jar)
- 100 mls Sour Cream (Jar)
- 50 g Cheese

## Instructions

1. Place all the dry ingredients into a clear plastic bag, add chicken and shake until chicken is covered.
2. Leave for up to an hour in your fridge
3. Heat the olive oil in a frying pan, add the onion and stir for 3 minutes.
4. Add the spiced chicken fillets making sure to use up all the dry ingredients.
5. Fry for 5 - 7 minutes.
6. Add peppers, stir.
7. Add the water, stir into the mixture and leave to cook for 5 - 7 minutes until chicken is cooked
8. Heat up the tortilla wraps in a microwave or hot oven.
9. Serve spiced chicken and vegetables, lettuce, salsa, cheese and sour cream in bowls with the heated tortillas and let everyone tuck in themselves.

# Cheese Omelette



## Introduction

Delicious, quick and nutritious. To speed up the cooking time, make two x four egg omelettes.

## Cooking Time

Prep Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

## Ingredients

- 8 Egg
- 60 mls Milk (optional)
- 1 Pinch Seasoning
- 25 g butter
- 100 g Cheese (grated)

## Instructions

1. Make each omelette by whisking lightly 2 eggs, seasoning and half a tblsp of milk
2. Heat the pan, melt a quarter of the butter and pour in a quarter of the egg mix.
3. Stir gently in pan until egg is nearly cooked, add a quarter of the cheese, leave to melt for a few minutes
4. Finish cooking under grill or in pre-heated oven for 3 minutes.
5. Fold omelette in half and slide onto a warm plate. Serve with dip in dip out salad
6. Repeat 3 times.

# Salad - Dip In Dip Out



## Introduction

Rather than purchasing pre packed ready made salads which are more expensive and usually contain preservatives, why not try this salad. It saves on time and money. Most of all it keeps for nearly a week when stored as directed.

## Cooking Time

Prep Time: 20 minutes

Cooking Time: 0 minutes

Servings: 8

## Ingredients

- 1 Lettuce
- 1 red pepper
- 1 Yellow Pepper
- 1 Cucumber
- 20 Cherry Tomatoes
- 2 Carrots
- 4 Spring onions

## Instructions

1. Wash and dry all the vegetables.
2. Shred the lettuce finely. Deseed and dice the peppers.
3. Cut cucumber in half lengthways, using a tsp, deseed the cucumber halves. Discard the seeds. Chop the flesh into small cubes.
4. Cut the tomatoes in half, de-seed, discard the seeds. If the flesh halves are big, cut in half again.
5. Grate the carrots. Chop the spring onions finely.
6. Place a sheet of damp kitchen paper in the base of a plastic container.
7. Add all the salad ingredients including the peppers, mix.
8. Place a damp sheet of kitchen paper on top of the salad. Cover with a tight lid.
9. The salad will keep fresh for approximately 6 - 7 days.



# Chilli Con Carne and Rice



## Introduction

Kidney beans or chili beans as they are also known, are extremely nutritious and cheap. Reduce the amount of beef and double the amount of kidney beans if your family favour the beans more.

## Cooking Time

Prep Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

## Ingredients

250 g Mince Beef  
1 Onion (Peeled and Finely Chopped)  
1 red pepper (Deseeded and Diced)  
1 tsp Cumin  
1/2 tsp Chilli powder (or flakes)  
1/2 tsp Paprika  
1/2 tsp Sugar  
2 tblsp Tomato puree  
1 Can Kidney Beans (Drained and Washed)  
1 Can Chopped Tomatoes  
1 Pinch Seasoning  
300 mls Beef Stock  
200 g Basmati Rice

## Instructions

1. Place mince in a medium size pot and begin to dry fry.
2. When mince is browned, add the finely diced peppers and onion. Fry for 5 minutes.
3. Add the rest of the ingredients except for the rice and cook through.
4. During the cooking process, taste and season accordingly.

### To cook the rice;

1. Rinse rice with cold water. Place in a saucepan with 2 times the volume of cold water.
2. Bring to the boil. Place a tight fitting lid on top. Turn off the heat and leave for 20 minutes.
3. Resist the temptation to peep under the lid as the steam will escape and the rice will take longer to cook.
4. Serve with chilli con carne.
5. To balance the meal serve with a green vegetable or salad.



# Green Pea and Red Onion Pasta



## Introduction

No shopping is needed for this recipe. This is a store cupboard and freezer recipe. Sometimes I add a tin of tuna or eat with any leftover meat.

## Cooking Time

Prep Time: 7 minutes

Cooking Time: 20 minutes

Servings: 4

## Ingredients

- 200 g Pasta
- 2 Red Onion
- 1 tblsp Olive oil
- 300 g Frozen Green Peas
- 1 Pinch Seasoning
- 25 g butter
- 100 g Cheese (Grated)

## Instructions

1. Cook the pasta according to the instructions. Drain. Reserve 1 tblsp of water.
2. Slice and dice red onions, saute in hot oil.
3. Add green peas and pasta to the onions and season.
4. Add butter, reserved water and cheese, stir until the cheese begins to melt. Serve immediately.
5. For Leftovers - add any leftover cubed cooked meat or vegetables to the onions. Alternatively why not add a drained tin of salmon, tuna, corn or beans.

# Breaded Fillet Fish Fingers



## Introduction

This is a really easy way to finish the week and to get children to eat fish. It's a much better option than the bought crumbed fish fingers that have artificial colouring.

## Cooking Time

Prep Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Cooking Temperature: 180°C

## Ingredients

400 g White Fish (Skin and Pin Boned)

30 g Flour

2 Egg (Beaten)

100 g Bread Crumbs

1 tblsp Olive oil (vegetable or sunflower)

1 Pinch Seasoning

## Instructions

1. Cut fish into fingers.
2. Coat in flour and then in egg and finally in the breadcrumbs.
3. Repeat once again if the children prefer a thicker crumb.
4. Spray well with oil and oven bake in a pre-heated oven for 8-12 minutes or deep fry for 5-8 minutes until golden brown.
5. Serve with potato wedges and dip in dip out salad.

# Spicy Potato Wedges



## Introduction

Serve with the breaded fish fingers. Pop these in the oven 10 minutes before the fish fingers. If your not a fan of spicy food omit the chilli powder.

## Cooking Time

Prep Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

## Ingredients

- 2 tblsp Olive oil
- 2 tsp Chilli Powder
- 2 tsp Cumin
- 2 tsp Paprika (Pepper)
- 1 tsp Sea Salt
- 1 tsp Cracked Black pepper
- 4 Potato (large)

## Instructions

1. Mix all the dry ingredients in a bowl.
2. Wash and dry the potatoes.
3. Cut the potatoes into wedges(8 per potato).
4. Place them on a roasting tin, rub in the oil and coat the potatoes with the dry spicy mix.
5. Place in the hot oven for approximately for 20 mins or until cooked. Turning once or twice.

# Week 2 - Shopping List

## Shopping List

## Store Cupboard Ingredients

8 Taco Shells Baked

140 g Quinoa

400 g Fish

1 tblsp Lime juice

450 g Lamb Mince

1 can Pinto beans

100 g Bacon Lardons

4 Chicken fillets

2 Carrots

1 Cauliflower

1 Lettuce

3 Red pepper

2 Spring onions

4 Tomatoes

7 Waxy Potatoes

350 mls Natural Yoghurt

100 mls Sour Cream

300 g Basmati Rice

120 g Pasta

500 mls Milk

55 g Butter

150 g Cheese

30 g Plain flour

1 Vegetable stock cube

1 or 2 Fish Stock Cubes

1 Chicken stock cube

2 tblsp Curry Paste

4 Onions

2 cloves of Garlic

1 tblsp Vegetable oil

3 tblsp Olive oil

1 tsp Garlic Puree

1 tsp Paprika

4 tsp Parsley

3 tsp Coriander leaves (dried or fresh)

2 tsp Tabasco Sauce

1 can Chickpeas

1 tsp Cumin

1 tsp Mustard Powder (Optional)

3 cans Chopped Tomatoes

# Lamb Mince Tacos



## Introduction

These are quick to make, tasty and wholesome. Equally good with 100% beef or pork mince. Leftovers are delicious reheated and served in pitta bread with loads of salad.

## Cooking Time

Prep Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

## Ingredients

- 1 Onion (Peeled and diced finely)
- 1 Red Pepper (De-seeded and sliced)
- 1 tblsp Olive oil
- 450 g Lamb Mince
- 1 tsp Garlic Puree
- 1 tsp Pepper
- 1/2 tsp Paprika (optional)
- 1/2 tsp Cumin
- 100 mls Water
- 4 Lettuce Leaves (Washed and shredded)
- 4 Tomatoes (De-seeded and diced)
- 2 Spring onions (Washed and sliced)
- 8 Taco Shells Baked (Warm)
- 100 mls Sour Cream

## Instructions

1. Fry the onions and red pepper in a frying pan for 2 -3 minutes, add the mince, garlic, spices and water.
2. Fry until the mince is cooked.
3. Prepare the salad.
4. Place the mince in the warmed taco shells, top with the prepared salad and sour cream.
5. Serve immediately with dip in dip out salad.

# Mexican Chicken Stew



## Introduction

A one pot wonder, again made within 35 minutes from start to finish. Cut the chicken fillets into five chunks to speed up the cooking process or use 8 skinned chicken thighs if you're on a budget week.

## Cooking Time

Prep Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4

## Ingredients

- 1 tblsp Olive oil
- 1 Onion (peeled and diced)
- 2 red pepper (de-seeded and diced)
- 1-2 tsp Tabasco Sauce
- 2 Cans Chopped Tomatoes
- 4 Chicken fillets (trimmed and diced)
- 140 g Quinoa
- 1 Chicken stock cube
- 1 Can Pinto beans (canned)
- 1 tsp Coriander (leaves) (Fresh if you prefer)
- 1 tblsp Lime juice
- 100 mls Natural Yoghurt (To serve)

## Instructions

1. Heat oil in a pan and fry the onions and peppers until soft. Add the tabasco sauce, chicken and the tinned tomatoes. If needed add enough water to cover the chicken. Bring to boil, turn down the heat. Simmer for 20 minutes until the chicken is cooked.
2. To cook the quinoa bring a saucepan of water with the stock cube to the boil. Add the quinoa and cook for 15 mins. Add the beans for the last minute. Drain excess water and stir in the lime juice and coriander.
3. Seasoning to your taste and serve with yoghurt.



# Vegetarian Curry



## Introduction

If possible I would make this the night before, simply because the spices penetrate the vegetables making for a much more flavoursome curry. If you can't do that, I love that this recipe can be made fairly quickly once the vegetables are prepared.

## Cooking Time

Prep Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4

## Ingredients

- 1 Onion (Large)
- 2 Garlic (Cloves)
- 2 Carrots
- 3 Potato
- 1/2 Cauliflower
- 1 tblsp Vegetable oil
- 2 tblsp Curry Paste
- 400 mls Vegetable stock
- 1 Can Chopped Tomatoes (Can)
- 1 Can Chickpeas
- 300 g Basmati Rice
- 1-2 tsp Coriander leaf (dried) (Use fresh if you prefer)

## Instructions

1. Peel and chop onions and all other vegetables into medium size cubes
2. Place the oil in a large saucepan to heat, add onions, garlic, carrots and potatoes and cook for 5 minutes
3. Stir in your chosen curry paste and cook for a further minute.
4. Add stock, chopped tomatoes, chickpeas and cauliflower.
5. Bring to boil and simmer for 25 minutes.
6. Add chopped coriander to serve
7. Cook the rice to instructions on the packet.



# Cauliflower Pasta Gratin



## Introduction

Cauliflower is in season and therefore good value. This store cupboard recipe will not break the bank as it uses up the rest of the cauliflower.

## Cooking Time

Prep Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4

## Ingredients

- 120 g Pasta
- 1/2 Cauliflower
- 30 g butter
- 30 g Plain flour
- 1 tsp Mustard Powder (Optional)
- 500 mls Milk
- 150 g Cheese (Low or reduced fat)

## Instructions

1. Trim leaves off the cauliflower, cut the cauliflower into 8 pieces.
2. Cook the pasta in boiling, salted water and the cauliflower in a steamer above the pasta. Cook until both are tender.
3. Grate the cheese.
4. To make the sauce - melt the butter in a saucepan, add the flour and mustard, stir thoroughly. Take pot off the heat, add the milk a little at a time until all the milk is absorbed by the roux.
5. Drain the pasta and remove the cauliflower. Place in a heatproof dish. Add the cheese to the sauce, pour gently over the pasta and cauliflower.
6. Place in the oven or under the grill until golden brown. Serve hot.
7. If you haven't got a steamer, cook the cauliflower in a saucepan of water. Drain and use half the water and half the milk for the sauce.
8. Leftovers can be frozen in individual containers or served as lunch next day.

# Chowder (Mixed Fish)



## Introduction

Enjoy your fix of Omega 3 from this delicious fish chowder recipe. Again takes less than 30 minutes to make. Serve simply with warm crusty brown bread.

## Cooking Time

Prep Time: 10 minutes

Cooking Time: 25 minutes

Servings: 8

## Ingredients

- 1 tblsp Olive oil (or butter)
- 100 g Bacon Lardens
- 1 Onion (Finely Chopped)
- 650 mls Fish Stock
- 4 Waxy Potatoes (Peel and chop into 2cm dices)
- 400 g Fish (salmon, cod, prawns, sea fish)
- 4 tsp Parsley (Use fresh if you prefer)
- 250 mls Natural Yoghurt (or Cream)
- 1 Pinch Seasoning
- 25 g butter (Softened)

## Instructions

1. Heat oil in a frying pan. Fry lardons for 3 minutes.
2. Add onions, cook until light golden colour.
3. Add stock and potatoes which have been cut into 2cm size pieces, bring to boil.
4. Reduce heat, cook potatoes until soft. Whilst the potatoes are cooking:
5. Trim, skin, debone and cut the fish into small pieces, add to above with herbs, cook gently for 10 minutes until fish is cooked.
6. Reduce by boiling rapidly for a few minutes if liquid is very thin.
7. Add cream or natural yoghurt, off the heat.
8. Return to heat, but do not boil. Taste and season as necessary.
9. Stir in butter gently(optional).
10. Serve with home made brown bread or warm crusty bread.
11. To balance the meal, add any diced vegetable along with potatoes.

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