

WEEKLY MEAL PLAN

Meal Plan 10

A week of healthy, beginner-level meals with lean protein at every meal: eggs, fish, chicken, beef, beans and Greek yoghurt, with a shopping list for every recipe.

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MEAL PLAN 10

Contents

Chapter 1	Monday	2
Chapter 2	Tuesday	7
Chapter 3	Wednesday	12
Chapter 4	Thursday	18
Chapter 5	Friday	24
Chapter 6	Saturday	29
Chapter 7	Sunday	36
Chapter 8	Weekly Shopping	43

Meal Plan 10: High Protein

Day 1 · Monday

Today at a glance. Welcome to High Protein: every meal has a good source of lean protein, with plenty of vegetables and wholegrains too. Today comes to about **97 g of protein** (about 28 g at breakfast, 29 g at lunch and 40 g at dinner). The figures are rounded estimates, not a prescription. Dinner takes about **25 minutes**. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Greek Yoghurt Bowl with Oats, Banana and Peanut Butter

4 minutes | No cooking | Protein: about 28 g | Vegetarian

INGREDIENTS (1 PORTION)

200 g	plain Greek-style yoghurt
30 g	porridge oats
1	banana
1 tbsp	peanut butter, 100% peanuts (about 15 g)

METHOD

1. Spoon the yoghurt into a bowl and stir in the oats.
2. Peel and slice the banana and lay it on top.
3. Warm the peanut butter in the microwave for 10 seconds so it runs, drizzle it over, and eat straight away. For softer oats, make it the night before and keep it covered in the fridge.

WHY IT IS A HIGH-PROTEIN START

Greek yoghurt has about twice the protein of ordinary yoghurt, and the peanut butter and oats add more, so this gives about 28 g of protein before you leave the house. The banana sweetens it and the oats give fibre to keep you full.

SWAPS

Frozen berries in place of the banana. Chopped walnuts or a few seeds on top. Cottage cheese in place of half the yoghurt.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN · TRAVELS WELL

Egg, Cottage Cheese and Spinach Wrap

12 minutes | 1 pan | Protein: about 29 g | Vegetarian

INGREDIENTS (1 PORTION)

2	eggs
100 g	cottage cheese (about a third of a 300 g tub)
1	wholemeal tortilla wrap
20 g	baby spinach
1 pinch	black pepper

METHOD

1. Put the eggs in a small pan of boiling water and boil for 9 minutes. Cool them under cold running water for 2 minutes, then peel them. (Boil them the night before to save time.)
2. Roughly chop or mash the eggs with a fork in a bowl, and stir in the cottage cheese and pepper.
3. Lay the spinach down the middle of the wrap, spoon the egg mixture on top, fold in the sides and roll up tightly. Cut it in half. Wrapped in foil, it keeps for a few hours in a bag with a cool pack.

WHY IT IS A HIGH-PROTEIN LUNCH

Two eggs and a good scoop of cottage cheese give about 29 g of protein. Cottage cheese is high in protein and low in fat, and it makes the filling creamy with no mayonnaise.

SWAPS

Sliced tomato or cucumber in the wrap. A pinch of paprika or chilli flakes. Wholemeal bread in place of the wrap.

Shopping list for this recipe

Dinner

DINNER · BEEF · OVEN

Beef and Cheese Stuffed Peppers with Broccoli

Prep: 10 minutes | Cooking: about 25 minutes | Protein: about 40 g | 1 pan plus a baking tray

INGREDIENTS (1 PORTION)

125 g	lean beef mince (5% fat)
1	large red or yellow pepper
1	small onion
1 clove	garlic
1 tbsp	tomato purée
1 tsp	smoked paprika
30 g	strong Cheddar, grated
150 g	broccoli florets
1 tsp	olive oil
3 tbsp	water
1 pinch	black pepper

PREP AHEAD (ABOUT 10 MINUTES, ANY TIME THAT DAY)

1. Cut the pepper in half through the stalk and scoop out the seeds, leaving the stalk on. Peel and finely chop the onion and garlic. Cut the broccoli into small florets.
2. Keep the raw mince on the **bottom shelf** of the fridge and the prepared vegetables in a covered container.

AT DINNER TIME (ABOUT 25 MINUTES)

1. Heat the oven to 200°C (180°C fan). Put the pepper halves cut side up on a baking tray and bake for 10 minutes while you make the filling.
2. Heat the oil in a frying pan over a medium-high heat. Cook the onion for 3 minutes, then add the mince and cook for 5 minutes, breaking it up, until brown all over and no pink is left.
3. Add the garlic, tomato purée, paprika and water and stir for 2 minutes, until thick. Season with pepper.

4. Spoon the filling into the pepper halves, pressing it down, and sprinkle with the cheese. Bake for 12 to 15 minutes, until the peppers are soft and the cheese is golden.
5. Steam or boil the broccoli for 4 minutes, until tender, and serve alongside.

> **COOKING MINCE SAFELY**
>
> Cook the mince until there is no pink left, and make sure the filling is steaming hot in the middle before you eat. Cook any prepped raw mince the same day.

WHY IT IS A HIGH-PROTEIN DINNER

Lean mince and cheese give about 40 g of protein, and the pepper is a sweet, filling edible bowl that adds vitamin C. The broccoli adds fibre and a little more protein.

SWAPS

Chicken mince in place of the beef. A handful of frozen sweetcorn stirred into the filling. Green beans in place of the broccoli.

Shopping list for this recipe

> **COMING UP TOMORROW**
>
> Tuesday has cottage cheese and oat pancakes, a tinned salmon sandwich and a chicken satay traybake. If your chicken is frozen, take it out tonight to defrost in the fridge.

Meal Plan 10: High Protein

Day 2 · Tuesday

Today at a glance. Today comes to about **105 g of protein** (about 28 g at breakfast, 33 g at lunch and 44 g at dinner), using the second 100 g of the cottage cheese tub. Dinner is a traybake: about **10 minutes of prep** and 20 minutes in the oven. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Cottage Cheese and Oat Pancakes with Berries

12 minutes | 1 frying pan | Protein: about 28 g | Vegetarian

INGREDIENTS (1 PORTION)

2	eggs
100 g	cottage cheese
30 g	porridge oats
80 g	frozen mixed berries
1 tsp	olive oil
½ tsp	ground cinnamon

METHOD

1. Put the berries in a small bowl and microwave them for 1 minute, until they are soft and have made a juice.
2. Beat the eggs in a bowl. Stir in the cottage cheese, oats and cinnamon to make a thick, lumpy batter.
3. Heat half the oil in a non-stick frying pan over a medium heat. Spoon in half the batter as 2 small pancakes and cook for 2 to 3 minutes, until golden underneath and set around the edges. Flip and cook for 2 minutes more. Repeat with the rest of the oil and batter.
4. Stack the pancakes on a plate and spoon the warm berries and juice over the top.

WHY IT IS A HIGH-PROTEIN START

Eggs and cottage cheese give about 28 g of protein, and the oats stand in for flour, so the pancakes are filling and need no added sugar. The berries give sweetness and vitamin C.

SWAPS

A sliced banana in place of the berries. A spoonful of Greek yoghurt on top. A drizzle of honey.

Shopping list for this recipe

Lunch

LUNCH · TRAVELS WELL

Tinned Salmon, Cucumber and Yoghurt Sandwich

6 minutes | No cooking | Protein: about 33 g

INGREDIENTS (1 PORTION)

1 small tin	pink or red salmon (about 100 g drained)
1 tbsp	plain Greek-style yoghurt
1 tsp	lemon juice (from a fresh lemon)
30 g	cucumber (about 3 cm)
2 slices	wholemeal bread
1 pinch	black pepper

METHOD

1. Drain the salmon and tip it into a bowl. Remove the large bones if you like, although the soft ones are edible and rich in calcium. Flake it with a fork.
2. Stir in the yoghurt, lemon juice and pepper.
3. Slice the cucumber thinly. Spread the salmon on one slice of bread, add the cucumber and top with the other slice. Cut in half.

WHY IT IS A HIGH-PROTEIN LUNCH

Tinned salmon gives about 22 g of protein and omega-3 fats, and costs far less than fresh. The yoghurt makes it creamy with no mayonnaise, and the wholemeal bread adds fibre.

SWAPS

Tinned mackerel or tuna in place of the salmon. Spinach or watercress in the sandwich. A wholemeal wrap in place of the bread.

Shopping list for this recipe

Dinner

DINNER · CHICKEN · OVEN

Chicken Satay Traybake with Broccoli and Rice

Prep: 10 minutes | Cooking: about 20 minutes | Protein: about 44 g | 1 baking tray plus a rice pan

INGREDIENTS (1 PORTION)

150 g	chicken breast
150 g	broccoli florets
60 g	basmati rice
1 tbsp	peanut butter, 100% peanuts (about 15 g)
1 tbsp	reduced-salt soy sauce
1 tsp	honey
1 tbsp	lemon juice (from a fresh lemon)
2 tbsp	warm water
1 clove	garlic
1 tsp	olive oil

PREP AHEAD (ABOUT 10 MINUTES, ANY TIME THAT DAY)

1. Make the satay sauce: in a small bowl, whisk the peanut butter, soy sauce, honey, lemon juice, warm water and the chopped garlic until smooth. Pour about half into a second small bowl for serving, and keep it covered in the fridge.
2. Cut the chicken into 3 cm cubes and put it in the first bowl with the rest of the sauce. Cover it and put it on the **bottom shelf** of the fridge. Cut the broccoli into florets. Wash your hands, the board and the knife.

AT DINNER TIME (ABOUT 20 MINUTES)

1. Heat the oven to 200°C (180°C fan). Put the broccoli on a baking tray, drizzle with the oil and toss. Add the chicken with its marinade and spread it out in a single layer.
2. Bake for 18 to 20 minutes, turning once, until the chicken is golden and white all the way through with no pink, and the broccoli has crisp edges.
3. Meanwhile, cook the rice in a pan of boiling water for 10 to 11 minutes, or following the packet. Drain it.

4. Spoon the rice into a bowl, add the chicken and broccoli and spoon over the clean sauce you kept back, thinned with a splash of warm water if it is stiff.

> **MARINADE THAT TOUCHED RAW CHICKEN**
>
> The sauce on the chicken goes into the oven and is cooked with it. Never use any of that marinade for serving. The sauce you kept in the fridge in the second bowl has never touched raw chicken, so it is safe to pour over.

WHY IT IS A HIGH-PROTEIN DINNER

A chicken breast gives about 35 g of protein, and the peanut sauce adds a little more, so dinner is about 44 g with the rice and broccoli. Satay without coconut cream is much lighter than the takeaway version.

SWAPS

Green beans or red peppers in place of the broccoli. Tofu in place of the chicken. A pinch of chilli flakes in the sauce.

Shopping list for this recipe

> **COMING UP TOMORROW**
>
> Wednesday is the vegetarian day: a cheese and egg toastie, an edamame and feta salad, and a halloumi and chickpea traybake.

Meal Plan 10: High Protein

Day 3 · Wednesday

Today at a glance. Wednesday is the **vegetarian dinner**, with about **90 g of protein** in the day (about 27 g at breakfast, 25 g at lunch and 38 g at dinner) and no meat or fish at all. Breakfast and lunch take less than 10 minutes, and dinner is a one-tray bake in about **20 minutes**. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Egg and Cheese Breakfast Toastie

8 minutes | 1 frying pan | Protein: about 27 g | Vegetarian

INGREDIENTS (1 PORTION)

2	eggs
30 g	strong Cheddar, grated
2 slices	wholemeal bread
1 tsp	olive oil
1 pinch	black pepper

METHOD

1. Beat the eggs with the pepper. Heat half the oil in a small frying pan over a medium heat, pour in the eggs and stir for 1 to 2 minutes, until they are softly scrambled. Tip them onto a plate.
2. Put one slice of bread in the pan (wipe it first if needed). Cover with half the cheese, then the eggs, then the rest of the cheese, and top with the second slice.
3. Press down gently with a spatula and cook for 2 minutes. Flip carefully and cook for 2 minutes more, until the bread is golden and the cheese has melted. Cut in half.

WHY IT IS A HIGH-PROTEIN START

Eggs and a little strong cheese give about 27 g of protein. It is a hot, filling breakfast on wholemeal bread, with the cheese kept to a small amount because strong Cheddar has lots of flavour.

SWAPS

A handful of spinach or a slice of tomato in the middle. Cooked chicken slices for extra protein.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN

Edamame, Feta and Tomato Salad with Pitta

10 minutes | 1 small pan | Protein: about 25 g | Vegetarian

INGREDIENTS (1 PORTION)

100 g	frozen shelled edamame beans
40 g	feta cheese
1	large tomato
50 g	cucumber (about 5 cm)
1	wholemeal pitta bread
1 tsp	olive oil
1 tsp	lemon juice (from a fresh lemon)
1 pinch	black pepper

METHOD

1. Boil the edamame in a small pan of water for 3 minutes. Drain them and run cold water over them for 30 seconds to cool them.
2. Dice the tomato and cucumber. Put them in a bowl with the edamame and crumble the feta over the top.
3. Stir the oil, lemon juice and pepper together and pour it over. Toss lightly.
4. Warm the pitta in the toaster for 1 minute and serve it alongside, or split it open and stuff it with the salad.

WHY IT IS A HIGH-PROTEIN LUNCH

Edamame beans are one of the highest-protein vegetables, with about 12 g in 100 g, and the feta and pitta add about 13 g more. It is a cold, fresh lunch with plenty of fibre.

SWAPS

Frozen peas in place of half the edamame. A boiled egg on top for extra protein. Tinned chickpeas, drained, in place of the edamame.

Shopping list for this recipe

Dinner

DINNER · VEGETARIAN · OVEN

Halloumi and Chickpea Traybake with Courgette and Tomatoes

Prep: 10 minutes | Cooking: about 20 minutes | Protein: about 38 g | 1 baking tray

INGREDIENTS (1 PORTION)

75 g	halloumi cheese
1 tin (400 g)	chickpeas in water, drained and rinsed
1	courgette (about 150 g)
1	small onion
100 g	cherry tomatoes
1 tsp	smoked paprika
1 tsp	olive oil
1 tbsp	plain Greek-style yoghurt, to serve
1 pinch	black pepper

PREP AHEAD (ABOUT 10 MINUTES, ANY TIME THAT DAY)

1. Drain the chickpeas and rinse them well. Cut the courgette into 2 cm chunks. Peel the onion and cut it into thin wedges. Keep them in a covered container in the fridge, with the tomatoes.

AT DINNER TIME (ABOUT 20 MINUTES)

1. Heat the oven to 220°C (200°C fan). Put the chickpeas, courgette, onion and tomatoes on a large baking tray. Add the oil, paprika and pepper and toss well. Spread out in a single layer, so that they roast and do not steam.
2. Roast for 10 minutes. Meanwhile, cut the halloumi into 1 cm slices.
3. Take the tray out, push the vegetables aside and add the halloumi slices. Roast for another 8 to 10 minutes, turning the halloumi once, until it is golden and the chickpeas are crisp at the edges.
4. Spoon onto a plate and finish with the yoghurt.

> **HALLOUMI IS SALTY**

Halloumi is already salty, so there is no added salt anywhere in this recipe. A 225 g block gives about 3 portions, so freeze what you will not use.

WHY IT IS A HIGH-PROTEIN DINNER

A whole tin of chickpeas gives about 17 g of protein and plenty of fibre, and the halloumi adds about 18 g, so there is no meat at all. Roasting makes the chickpeas crunchy and the vegetables sweet.

SWAPS

Feta in place of the halloumi (add it for the last 5 minutes). A red pepper in place of the courgette. A pinch of cumin.

Shopping list for this recipe

COMING UP TOMORROW

Thursday has scrambled eggs with smoked salmon, a tuna and cottage cheese jacket potato, and beef mini meatloaves with sweet potato mash. Take the mince out of the freezer tonight to defrost in the fridge if it is frozen.

Meal Plan 10: High Protein

Day 4 · Thursday

Today at a glance. Today is the biggest protein day so far, with about **113 g** (about 30 g at breakfast, 38 g at lunch and 45 g at dinner). It finishes the cottage cheese tub and is the second of this week's three beef dinners. Dinner takes about **25 minutes** with 10 minutes of prep. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST

Scrambled Eggs and Smoked Salmon on Toast

8 minutes | 1 frying pan | Protein: about 30 g

INGREDIENTS (1 PORTION)

2	eggs
40 g	smoked salmon trimmings (cheaper than slices)
2 slices	wholemeal bread
1 tsp	olive oil
1 squeeze	lemon juice (from a fresh lemon)
1 pinch	black pepper

METHOD

1. Beat the eggs with the pepper. Put the bread in the toaster.
2. Heat the oil in a small non-stick frying pan over a low-medium heat. Pour in the eggs and stir gently with a spatula for 2 minutes, until they are just set but still creamy.
3. Take the pan off the heat and fold in the smoked salmon, cut into small pieces. The heat of the eggs warms it through.
4. Pile onto the toast and add a squeeze of lemon.

WHY IT IS A HIGH-PROTEIN START

Eggs and smoked salmon give about 30 g of protein, plus omega-3 fats and vitamin D. Smoked salmon is salty, so a small amount goes a long way and there is no need to add salt.

SWAPS

Spinach stirred into the eggs. Smoked mackerel in place of the salmon. A sliced tomato on the side.

Shopping list for this recipe

Lunch

LUNCH

Tuna and Cottage Cheese Jacket Potato

10 minutes | Microwave | Protein: about 38 g

INGREDIENTS (1 PORTION)

1	medium baking potato (about 250 g)
1 small tin	tuna in spring water (about 100 g drained)
100 g	cottage cheese (the last third of the tub)
30 g	cucumber (about 3 cm)
1 pinch	black pepper

METHOD

1. Scrub the potato and prick it all over with a fork. Microwave it on a plate for 5 minutes, turn it over and microwave for another 3 to 4 minutes, until it feels soft when squeezed (use a tea towel, it will be hot).
2. Drain the tuna and mix it in a bowl with the cottage cheese and pepper. Dice the cucumber.
3. Cut the potato open, fluff up the inside with a fork, and spoon the tuna mixture over the top. Add the cucumber.

> **CRISPIER SKIN**
>
> If you have 10 minutes spare, put the microwaved potato in a 220°C oven for 8 to 10 minutes to crisp the skin.

WHY IT IS A HIGH-PROTEIN LUNCH

Tuna and cottage cheese give about 34 g of protein for hardly any fat, and the potato gives energy and fibre (eat the skin). It is a filling lunch with 3 main ingredients.

SWAPS

Tinned salmon or mackerel in place of the tuna. A spoonful of sweetcorn. Greek yoghurt in place of the cottage cheese.

Shopping list for this recipe

Dinner

DINNER · BEEF · OVEN

Beef Mini Meatloaves with Sweet Potato Mash and Peas

Prep: 10 minutes | Cooking: about 25 minutes | Protein: about 45 g | 1 baking tray plus a pan

INGREDIENTS (1 PORTION)

125 g	lean beef mince (5% fat)
1	small egg
20 g	porridge oats
1	small onion, finely chopped
2 tbsp	tomato purée (1 tbsp for the meatloaves, 1 tbsp for the glaze)
½ tsp	dried thyme
200 g	sweet potato (1 medium)
80 g	frozen peas
1 tbsp	semi-skimmed milk, for the mash
1 pinch	black pepper

PREP AHEAD (ABOUT 10 MINUTES, ANY TIME THAT DAY)

1. Peel and cube the sweet potato (2 cm) and keep it in a covered container in the fridge. Finely chop the onion.
2. In a bowl, mix the mince with the egg, oats, onion, 1 tbsp of the tomato purée, the thyme and pepper, using clean hands, until just combined. Shape it into 2 small loaves (about 10 cm long) and put them on a baking tray lined with baking paper. Cover and put them on the **bottom shelf** of the fridge. Wash your hands and the bowl.

AT DINNER TIME (ABOUT 25 MINUTES)

1. Heat the oven to 200°C (180°C fan). Stir the second spoonful of tomato purée with 1 tbsp of water and brush it over the tops of the meatloaves.
2. Bake for 22 to 25 minutes, until they are firm and brown, with no pink in the middle (or 70°C on a thermometer).
3. Meanwhile, boil the sweet potato for 12 minutes, until soft, adding the peas for the last 2 minutes. Drain the potato and peas together, lift out the peas with a slotted spoon and mash the potato with the milk and pepper.

4. Serve the meatloaves on the mash with the peas.

> **COOKING MINCE SAFELY**
>
> Mince must be cooked right through, so there should be no pink in the middle of the meatloaves, and the juices should run clear. Wash your hands, the bowl and the board after handling raw mince. Cook prepped raw mince the same day.

WHY IT IS A HIGH-PROTEIN DINNER

Mince, an egg and oats give about 45 g of protein with the peas. The oats and egg bind the loaf without breadcrumbs, and the oats add fibre. Sweet potato mash is made with just a splash of milk.

SWAPS

Chicken mince in place of the beef. A grated carrot in the mix. Ordinary potato in place of the sweet potato.

Shopping list for this recipe

> **COMING UP TOMORROW**
>
> Friday has protein banana and oat pancakes, a chicken, cheese and tomato sandwich, and a soy-honey glazed salmon with edamame rice. Take the salmon out of the freezer tonight to defrost in the fridge if it is frozen.

Meal Plan 10: High Protein

Day 5 · Friday

Today at a glance. Friday is the **fish day**, with about **109 g of protein** in the day (about 30 g at breakfast, 36 g at lunch and 43 g at dinner). Dinner takes about **15 minutes** after a 5-minute prep. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Protein Banana and Oat Pancakes

12 minutes | 1 frying pan | Protein: about 30 g | Vegetarian

INGREDIENTS (1 PORTION)

1	ripe banana
2	eggs
30 g	porridge oats
100 g	plain Greek-style yoghurt
1 tsp	olive oil

METHOD

1. Peel the banana and mash it very well with a fork in a bowl, until it is almost a purée. Beat in the eggs, then stir in the oats until you have a thick, wet batter. Leave it for 2 minutes so the oats soften. (Or blend it all in a jug with a stick blender for a smoother pancake.)
2. Heat half the oil in a non-stick frying pan over a medium heat. Spoon in half the batter as 2 small pancakes and cook for 2 to 3 minutes, until golden underneath and set around the edges. Flip carefully and cook for 1 to 2 minutes more.
3. Repeat with the rest of the oil and batter. Stack the pancakes on a plate and spoon the yoghurt on top.

WHY IT IS A HIGH-PROTEIN START

Eggs and a good spoonful of Greek yoghurt give about 30 g of protein, and the pancakes are made with banana and oats instead of flour and sugar. They are soft, so keep them small and flip them gently.

SWAPS

Frozen berries heated for 1 minute on top. A drizzle of honey or a sprinkle of cinnamon. Peanut butter on the pancakes.

Shopping list for this recipe

Lunch

LUNCH · TRAVELS WELL

Chicken, Cheese and Tomato Sandwich

6 minutes | No cooking | Protein: about 36 g

INGREDIENTS (1 PORTION)

80 g	cooked chicken breast slices
30 g	strong Cheddar, sliced or grated
1	medium tomato
2 slices	wholemeal bread
1 tsp	plain Greek-style yoghurt, in place of butter or mayonnaise
1 pinch	black pepper

METHOD

1. Spread the yoghurt on both slices of bread, with a little pepper.
2. Slice the tomato. Layer the chicken, cheese and tomato on one slice and top with the other.
3. Cut in half. For a packed lunch, wrap it in foil and keep it in a bag with a cool pack, and eat it within 4 hours.

WHY IT IS A HIGH-PROTEIN LUNCH

Cooked chicken breast is one of the leanest proteins, and the cheese adds more. Together they give about 36 g of protein, and the wholemeal bread adds fibre.

SWAPS

A handful of spinach or lettuce in the sandwich. Sliced cucumber in place of the tomato. A wholemeal wrap in place of the bread.

Shopping list for this recipe

Dinner

DINNER · FISH · OVEN

Soy-Honey Glazed Salmon with Edamame Rice and Green Beans

Prep: 5 minutes | Cooking: about 15 minutes | Protein: about 43 g | 1 baking tray plus a rice pan

INGREDIENTS (1 PORTION)

130 g	salmon fillet, skin on or off
60 g	basmati rice
80 g	frozen shelled edamame beans
100 g	green beans
1 tbsp	reduced-salt soy sauce
1 tsp	honey
1 tsp	lemon juice (from a fresh lemon)
½ tsp	ground ginger
1 tsp	olive oil

PREP AHEAD (ABOUT 5 MINUTES, ANY TIME THAT DAY)

1. Mix the soy sauce, honey, lemon juice and ginger in a small bowl. Pour half into a second small bowl to keep clean for serving.
2. Put the salmon on a baking tray lined with baking paper and spoon the glaze from the first bowl over it. Cover and put it on the **bottom shelf** of the fridge, cooking it within about 6 hours. Trim the tops off the green beans.

AT DINNER TIME (ABOUT 15 MINUTES)

1. Heat the oven to 200°C (180°C fan). Bake the salmon for 10 to 12 minutes, until it is opaque and flakes easily.
2. Meanwhile, cook the rice in a pan of boiling water for 10 to 11 minutes, or following the packet, adding the edamame for the last 3 minutes. Drain.
3. Steam or boil the green beans for 4 minutes, until tender. Toss them with the oil.
4. Spoon the rice and edamame into a bowl, add the beans and lay the salmon on top. Spoon over the clean glaze you kept back.

> **GLAZE THAT TOUCHED RAW FISH**

> The glaze on the salmon goes into the oven and is cooked with it. Never use any of that glaze for serving. The glaze you kept in the second bowl has never touched raw fish, so it is safe. Keep prepped raw fish on the bottom shelf and cook it the same day.

WHY IT IS A HIGH-PROTEIN DINNER

Salmon gives about 27 g of protein plus omega-3 fats, and the edamame in the rice adds another 10 g. Together with the rice and beans, dinner is about 43 g of protein and mostly cooked on one tray.

SWAPS

Trout or cod in place of the salmon. Broccoli or peas in place of the green beans. Frozen peas in place of the edamame.

Shopping list for this recipe

COMING UP TOMORROW

Saturday has eggy bread, a chicken, white bean and spinach soup that makes two portions (one for Sunday), and a beef and mushroom stroganoff. Take the chicken and steak out of the freezer tonight to defrost in the fridge if they are frozen. If your beef joint for Sunday is frozen, take that out tonight too, because a large joint takes about 24 hours to defrost.

Meal Plan 10: High Protein

Day 6 · Saturday

Today at a glance. Saturday is the last of the week's three beef dinners, with about **111 g of protein** in the day (about 30 g at breakfast, 38 g at lunch and 43 g at dinner). Lunch makes **2 portions** (one for Sunday). Dinner takes about **25 minutes** in all. Quantities are marked for one or two portions on each recipe.

Breakfast

BREAKFAST · VEGETARIAN

Eggy Bread with Greek Yoghurt and Berries

12 minutes | 1 frying pan | Protein: about 30 g | Vegetarian

INGREDIENTS (1 PORTION)

2	eggs
1 tbsp	semi-skimmed milk
½ tsp	ground cinnamon
2 slices	wholemeal bread
1 tsp	olive oil
100 g	plain Greek-style yoghurt
80 g	frozen mixed berries

METHOD

1. Put the berries in a bowl and microwave them for 1 minute, until soft and juicy.
2. Beat the eggs, milk and cinnamon in a shallow dish with a fork. Lay the bread in the dish for 30 seconds on each side, until it soaks up most of the egg.
3. Heat the oil in a non-stick frying pan over a medium heat. Fry the eggy bread for 2 to 3 minutes on each side, until golden and set. Pour any egg left in the dish into the pan around the bread and cook it too.
4. Put the eggy bread on a plate and spoon the yoghurt and warm berries on top.

WHY IT IS A HIGH-PROTEIN START

Eggs, wholemeal bread and Greek yoghurt give about 30 g of protein. It tastes like a treat for a weekend, but there is no sugar, and the berries add the sweetness.

SWAPS

A sliced banana in place of the berries. A little honey on top. Peanut butter spread on the eggy bread.

Shopping list for this recipe

Lunch

LUNCH · MAKES 2 PORTIONS

Chicken, White Bean and Spinach Soup

About 30 minutes | 1 pan | Protein: about 38 g a portion | Makes 2 portions: 1 today, 1 tomorrow

INGREDIENTS (2 PORTIONS)

250 g	chicken breast, cut into 1.5 cm cubes
1 tin (400 g)	cannellini beans, drained and rinsed
1	small onion
1	carrot
2 cloves	garlic
60 g	baby spinach
1 cube	reduced-salt chicken stock cube
700 ml	hot water for the stock
2 tsp	olive oil
½ tsp	dried thyme
1 slice	wholemeal bread, to serve (Sunday's slice is listed on Sunday)
1 pinch	black pepper

METHOD

1. Peel and finely chop the onion and carrot. Peel and chop the garlic. Dissolve the stock cube in 700 ml of boiling water.
2. Heat the oil in a large saucepan over a medium heat. Cook the onion and carrot for 5 minutes, until soft. Add the garlic and thyme for 30 seconds.
3. Add the chicken and stir for 3 minutes, until it is white on the outside. Pour in the hot stock and add the beans. Bring to the boil, turn down the heat and simmer for 12 to 15 minutes, until the chicken is cooked through.
4. Mash about a quarter of the beans against the side of the pan with a fork to thicken the soup. Stir in the spinach for 1 to 2 minutes, until it wilts. Season with pepper. Check a piece of chicken is white all the way through, with no pink.

5. Ladle half into a bowl and eat it with the toast. Cool the other half quickly, within 1 hour: pour it into a shallow container, leave to steam for 10 minutes, then cover and chill it in the fridge. It is Sunday's lunch.

> **COOLING AND REHEATING**
>
> Chill the second portion within 1 to 2 hours, keep it in the fridge and eat it tomorrow. Reheat it once, until it is steaming hot all the way through. Throw away anything you do not eat.

WHY IT IS A HIGH-PROTEIN LUNCH

Chicken and white beans are both high in protein, so each portion gives about 38 g, with a lot of fibre from the beans and vegetables. It is a thick, warming soup that needs no cream or potato.

SWAPS

Kale or green cabbage in place of the spinach. A tin of butter beans or chickpeas in place of the cannellini. Chicken thighs in place of the breast.

Shopping list for this recipe

Dinner

DINNER · BEEF · ONE PAN

Beef and Mushroom Stroganoff with Greek Yoghurt and Rice

Prep: 10 minutes | Cooking: about 15 minutes | Protein: about 43 g | 1 pan plus a rice pan

INGREDIENTS (1 PORTION)

150 g	lean sirloin or rump steak
150 g	mushrooms
1	small onion
1 clove	garlic
1 tsp	smoked paprika
1 tsp	tomato purée
½ cube	reduced-salt beef stock cube
100 ml	hot water for the stock
2 tbsp	plain Greek-style yoghurt (about 30 g)
60 g	basmati rice
80 g	frozen peas
1 tsp	olive oil
1 pinch	black pepper

PREP AHEAD (ABOUT 10 MINUTES, ANY TIME THAT DAY)

1. Trim any hard fat from the steak and slice it across the grain into thin strips, about 1 cm wide. Put it in a covered container on the **bottom shelf** of the fridge. Wash your hands, the board and the knife.
2. Peel the onion and slice it thinly. Peel and chop the garlic. Wipe the mushrooms and slice them. Keep them in a covered container in the fridge.

AT DINNER TIME (ABOUT 15 MINUTES)

1. Cook the rice in a pan of boiling water for 10 to 11 minutes, adding the peas for the last 3 minutes. Drain. Dissolve the stock cube in 100 ml of boiling water.
2. Heat the oil in a large frying pan over a high heat. Cook the beef strips for 2 minutes, turning, until brown on the outside, and tip them onto a plate.

3. In the same pan, cook the onion and mushrooms over a medium-high heat for 5 minutes, until the mushrooms are golden. Add the garlic, paprika and tomato purée and stir for 1 minute.
4. Pour in the stock and let it bubble for 2 minutes, until it has reduced a little. Return the beef and its juices to the pan and cook for 1 minute, until the beef is cooked through.
5. Take the pan off the heat and stir in the yoghurt, so it does not curdle. Season with pepper and serve on the rice and peas.

> **HANDLING RAW BEEF**
>
> Keep the sliced raw beef on the bottom shelf, away from other food, and cook it the same day (within about 8 hours). Wash your hands, the board and the knife after handling it, and tip the cooked beef onto a clean plate, not the one that held the raw beef.

WHY IT IS A HIGH-PROTEIN DINNER

Lean steak gives about 33 g of protein, and Greek yoghurt replaces the soured cream in a traditional stroganoff, adding protein instead of fat. Mushrooms add flavour and bulk with very few calories.

SWAPS

Chicken strips in place of the beef (cook for 5 to 6 minutes). Wholewheat pasta in place of the rice. A spoonful of mustard stirred into the sauce.

Shopping list for this recipe

COMING UP TOMORROW

Sunday has a smoked salmon omelette, today's soup again, and a herb-roast beef topside that makes 4 portions: one for tonight, one for a roast beef sandwich and two for the freezer.

Meal Plan 10: High Protein

Day 7 · Sunday

Today at a glance. Sunday is a relaxed day, with about **115 g of protein** (about 32 g at breakfast, 38 g at lunch and 45 g at dinner). Breakfast uses up the rest of Thursday's smoked salmon, lunch is yesterday's soup, and dinner is a beef topside roast that makes **4 portions**: one for tonight, one for a roast beef sandwich this week, and two for the freezer. The oven does most of the work, so it takes about **20 minutes** of your time.

Breakfast

BREAKFAST

Smoked Salmon, Spinach and Mushroom Omelette

10 minutes | 1 frying pan | Protein: about 32 g

INGREDIENTS (1 PORTION)

3	eggs
60 g	smoked salmon trimmings (the rest of Thursday's pack)
60 g	mushrooms
20 g	baby spinach
1 tsp	olive oil
1 pinch	black pepper

METHOD

1. Wipe and slice the mushrooms. Beat the eggs with the pepper in a jug.
2. Heat the oil in a non-stick frying pan (about 20 cm) over a medium-high heat. Cook the mushrooms for 3 minutes, until golden. Add the spinach and cook for 30 seconds, until it wilts. Tip them onto a plate.
3. Turn the heat down to medium. Pour the eggs into the pan and let them set for 1 minute, then gently pull the edges into the middle with a spatula, letting the runny egg flow to the edges. Cook for 2 minutes, until almost set.
4. Spoon the mushrooms and spinach over one half, add the salmon, and fold the other half over. Slide it onto a plate.

WHY IT IS A HIGH-PROTEIN START

Three eggs and smoked salmon give about 32 g of protein. It uses up the rest of Thursday's salmon, and the mushrooms and spinach add vegetables to the plate.

SWAPS

Feta in place of the salmon. Cherry tomatoes with the mushrooms. A slice of wholemeal toast on the side.

Shopping list for this recipe

Lunch

LUNCH · FROM SATURDAY

Chicken and White Bean Soup from Saturday

8 minutes | Hob or microwave | Protein: about 38 g | From Saturday's batch

INGREDIENTS (1 PORTION)

1 portion chicken, white bean and spinach soup, from Saturday's lunch (kept in the fridge)

1 slice wholemeal bread

1 pinch black pepper

METHOD

1. Tip the cold soup into a saucepan. Add a splash of water (about 50 ml) if it has thickened.
2. Heat it over a medium heat for 5 to 6 minutes, stirring, until it is bubbling and steaming hot all the way through. (Or microwave, covered, for about 3 minutes, stirring halfway.)
3. Toast the bread and serve with the soup, with a little pepper.

> **REHEAT ONCE ONLY**
>
> The soup must have been chilled within 1 to 2 hours on Saturday and kept in the fridge. Reheat it once only, until steaming hot, and throw away anything you do not eat.

WHY IT IS A HIGH-PROTEIN LUNCH

It is the easiest lunch of the week, with about 38 g of protein from the chicken and beans and nothing to cook from scratch.

SWAPS

Grated cheese on the toast. A spoonful of Greek yoghurt on top. A handful of extra spinach stirred in at the end.

Shopping list for this recipe

Dinner

DINNER · BEEF · ROAST · MAKES 4 PORTIONS

Herb-Roast Beef Topside with Roast Root Vegetables and Broccoli

Prep: 15 minutes | Oven: about 1 hour 15 minutes | Protein: about 45 g a portion | Makes 4 portions: 1 tonight, 1 sandwich, 2 for the freezer

INGREDIENTS (4 PORTIONS OF BEEF; THE VEGETABLES AND GRAVY ARE FOR TONIGHT'S PORTION)

- **800 g** beef topside joint, fully defrosted if frozen
- **2 cloves** garlic
- **2 tsp** olive oil
- **1 tsp** dried thyme
- **1 pinch** black pepper
- 1 carrot, cut into large chunks (tonight's portion)
- 1 parsnip, cut into large chunks (tonight's portion)
- 150 g potato (1 medium), cut into chunks (tonight's portion)
- 100 g broccoli florets (tonight's portion)
- ½ cube reduced-salt beef stock cube, for the gravy (tonight's portion)

PREP (ABOUT 15 MINUTES)

1. Heat the oven to 220°C (200°C fan). Take the beef out of the fridge 20 minutes before cooking and pat it dry with kitchen paper.
2. Peel the garlic and cut it into thin slivers. Make small cuts all over the joint with the tip of a sharp knife and push a sliver of garlic into each. Rub the joint with 1 tsp of the oil, the thyme and plenty of pepper. Put it in a roasting tin.
3. Prepare the carrot, parsnip and potato now, toss them with the other 1 tsp of oil in a bowl, and leave them until you need them.

COOKING (ABOUT 1 HOUR 15 MINUTES, MOSTLY HANDS-OFF)

1. Roast the beef for 20 minutes to brown the outside. Turn the oven down to 180°C (160°C fan) and add the vegetables to the tin around the beef. Roast for another 40 to 50 minutes for medium (a little pink in the middle, about 60°C on a thermometer) or 60 to 70 minutes for well done (no pink, about 70°C or more).

2. Take the tin out. Lift the beef onto a board, cover tightly with foil and rest it for 15 minutes. Keep the vegetables warm in the switched-off oven, and roast them for 10 minutes more if they are not soft.
3. Make the gravy: stir half a stock cube into 150 ml of boiling water, pour it into the roasting tin and scrape up all the browned bits over a medium heat for 3 minutes, until it has reduced a little.
4. Steam or boil the broccoli for 4 minutes, until tender.
5. Slice the beef thinly across the grain. Serve one quarter with the roast vegetables, the broccoli and the gravy.
6. Slice the rest of the beef and put it into three containers, with a little gravy on each to keep it moist.

COOLING, CHILLING AND FREEZING THE OTHER 3 PORTIONS

Cool the other portions quickly, within 1 to 2 hours. Cover them and chill them. Keep one in the fridge for a roast beef sandwich within the next 2 days, and freeze the other two the same evening, labelled with the date. Eat the frozen portions within 3 months. Defrost in the fridge overnight, reheat once until steaming hot all the way through, and never refreeze.

ROAST BEEF SANDWICH

Layer slices of cold beef in wholemeal bread with sliced tomato and a spoonful of mustard or horseradish. It is a high-protein lunch for a busy day with no cooking.

WHY IT IS A HIGH-PROTEIN DINNER

Topside is one of the leanest cuts of beef, with about 45 g of protein in a 140 g portion and very little fat, and the roast vegetables and broccoli make up the rest of the plate. One joint gives four meals for about 20 minutes of work.

SWAPS

A gammon joint in place of the beef, boiled for 30 minutes then roasted with a little mustard (it is saltier, so use less gravy). A sweet potato in place of the potato. Green beans in place of the broccoli.

Shopping list for this recipe

COMING UP NEXT

Chapter 8 is the combined weekly shopping list, grouped by shop section, with a prep-ahead schedule, a freeze-and-defrost schedule and a plan for the leftovers.

Meal Plan 10: High Protein

Chapter 8 · Weekly shopping list

How to use this list. It merges the shopping lists of all 21 recipes from Monday to Sunday, so you can shop once. Amounts are totals for the week, and the last column says where each item is used. Check the cupboard section before you go, because oil, soy sauce and spices are probably already at home. Every recipe is for one portion except Saturday's soup (2) and Sunday's roast beef (4), which make extra portions. The protein figures on the recipes are rounded estimates. Each recipe page still has its own list.

DOWNLOAD

A plain-text copy of this whole list is here: Weekly shopping list (text file)

Meat and fish

ITEM	BUY	USED IN
Lean beef mince (5% fat)	1 pack, 250 g	Mon 125 g (stuffed peppers), Thu 125 g (meatloaves)
Chicken breast	3 fillets, about 400 g	Tue 150 g (satay), Sat 250 g (soup)
Lean sirloin or rump steak	1 steak, about 150 g	Sat (stroganoff)
Beef topside joint	800 g	Sun (roast, 4 portions)
Salmon fillet	1 fillet, about 130 g, fresh or frozen	Fri (glazed salmon)
Smoked salmon trimmings	1 pack, 100 g	Thu 40 g (eggs), Sun 60 g (omelette)
Cooked chicken breast slices	1 small pack, 80 g or more	Fri (sandwich)

Fruit and vegetables

ITEM	BUY	USED IN
Bananas	2	Mon (yoghurt bowl), Fri (pancakes)
Lemon	1	Tue 1 tsp (lunch) and 1 tbsp (dinner), Wed 1 tsp, Thu a squeeze, Fri 1 tsp
Large red or yellow pepper	1	Mon (stuffed peppers)
Broccoli	2 medium heads (400 g of florets needed)	Mon 150 g, Tue 150 g, Sun 100 g
Green beans	1 small bag, 100 g	Fri (with the salmon)
Courgette	1	Wed (traybake)
Small onions	5	Mon 1, Wed 1, Thu 1, Sat 2 (soup, stroganoff)
Garlic	1 head (7 cloves needed)	Mon 1, Tue 1, Sat 3 (soup 2, stroganoff 1), Sun 2
Carrots	2	Sat 1 (soup), Sun 1 (roast)
Parsnip	1	Sun (roast)
Baking potato	1 large, about 250 g	Thu (jacket potato)
Potato	1 medium, about 150 g	Sun (roast)
Sweet potato	1 medium, about 200 g	Thu (mash)
Cucumber	1 small, about 150 g (110 g needed)	Tue 30 g, Wed 50 g, Thu 30 g
Medium tomatoes	2	Wed 1 (large, lunch), Fri 1 (sandwich)
Cherry tomatoes	1 small pack, 100 g	Wed (traybake)
Mushrooms	1 pack, 250 g (210 g needed)	Sat 150 g (stroganoff), Sun 60 g (omelette)
Baby spinach	1 bag, at least 100 g	Mon 20 g, Sat 60 g (soup), Sun 20 g (omelette)

Dairy and eggs

ITEM	BUY	USED IN
Eggs	1 box of 18 (16 needed)	Mon 2, Tue 2, Wed 2, Thu 3 (2 breakfast, 1 meatloaves), Fri 2, Sat 2, Sun 3
Plain Greek-style yoghurt	1 tub, 500 g (about 465 g needed)	Mon 200 g, Tue 15 g, Wed 15 g, Fri 100 g (pancakes) and 1 tsp, Sat 130 g (100 g breakfast, 30 g stroganoff)
Cottage cheese	1 tub, 300 g	Mon 100 g, Tue 100 g, Thu 100 g
Strong Cheddar cheese	1 small block, about 200 g (90 g needed)	Mon 30 g, Wed 30 g, Fri 30 g. About 110 g spare
Feta cheese	1 small pack, about 100 g (40 g needed)	Wed (edamame salad). About 60 g spare
Halloumi	1 block, 225 g (75 g needed)	Wed (traybake). Freeze the rest in 75 g portions
Semi-skimmed milk	1 small carton or pint (30 ml needed)	Thu 15 ml (mash), Sat 15 ml (eggy bread)

Bread and bakery

ITEM	BUY	USED IN
Wholemeal bread	1 loaf (12 slices needed)	Tue 2, Wed 2, Thu 2, Fri 2, Sat 3 (breakfast 2, soup 1), Sun 1
Wholemeal tortilla wrap	1 (from a pack)	Mon (lunch)
Wholemeal pitta bread	1 (from a pack)	Wed (lunch)

Frozen

ITEM	BUY	USED IN
Shelled edamame beans	1 bag (180 g needed)	Wed 100 g (salad), Fri 80 g (rice)
Mixed berries	1 bag, at least 160 g	Tue 80 g (pancakes), Sat 80 g (eggy bread)

ITEM	BUY	USED IN
Peas	1 bag, at least 160 g	Thu 80 g (mash), Sat 80 g (stroganoff)

Tins, jars and bottles

ITEM	BUY	USED IN
Pink or red salmon	1 small tin (about 100 g drained)	Tue (sandwich)
Tuna in spring water	1 small tin (about 100 g drained)	Thu (jacket potato)
Chickpeas (400 g tin)	1 tin	Wed (traybake)
Cannellini beans (400 g tin)	1 tin	Sat (soup)
Peanut butter, 100% peanuts	1 small jar (30 g needed)	Mon 1 tbsp, Tue 1 tbsp

Dry goods

ITEM	BUY	USED IN
Porridge oats	1 bag (110 g needed)	Mon 30 g, Tue 30 g, Thu 20 g, Fri 30 g
Basmati rice	1 small bag (180 g needed)	Tue 60 g, Fri 60 g, Sat 60 g
Reduced-salt chicken stock cubes	1 small box (1 cube needed)	Sat (soup)
Reduced-salt beef stock cubes	1 small box (1 cube needed)	Sat ½ (stroganoff), Sun ½ (gravy)

Cupboard check

You probably have these already. Check the amounts, then add to the trolley whatever has run out.

- **Olive oil**: about 16 tsp (5 tbsp, 80 ml) over the week
- **Tomato purée**: about 3 tbsp and 1 tsp (Mon, Thu, Sat)
- **Reduced-salt soy sauce**: 2 tbsp (Tue, Fri)

- **Honey**: 2 tsp (Tue, Fri)
- **Salt and black pepper**: used in most recipes
- **Smoked paprika**: 3 tsp (Mon, Wed, Sat)
- **Dried thyme**: 2 tsp (Thu, Sat, Sun)
- **Ground cinnamon**: 1 tsp (Tue, Sat)
- **Ground ginger**: ½ tsp (Fri)

Equipment

- A baking tray, a baking tray lined with baking paper, and a roasting tin with foil (Mon, Tue, Wed, Thu, Fri, Sun)
- A non-stick frying pan, about 20 cm (most breakfasts, Sat dinner)
- A medium saucepan with a lid (Mon to Sun) and a large saucepan (Sat)
- A microwave and a microwave-safe plate (Tue, Thu, Sat)
- A stick blender (optional, Fri pancakes)
- A meat thermometer (optional but useful for the meatloaves and the roast)
- Three lidded freezer containers for the beef (Sun)

Prep-ahead schedule

Each weekday dinner can be partly prepared in 5 to 10 minutes any time that day, which leaves about 10 to 15 minutes of work at dinner time, and the oven does the rest. Saturday is a quick stroganoff, and Sunday is a beef topside roast with lots of waiting time.

DAY	PREP AHEAD (ANY TIME THAT DAY)	AT DINNER TIME
Mon	Deseed the pepper, chop the onion and garlic, cut the broccoli (10 minutes)	Oven on 200°C, bake the peppers, make the filling, fill and bake 12 to 15 minutes
Tue	Mix the satay sauce, cube the chicken (bottom shelf), cut the broccoli (10 minutes)	Oven on 200°C, roast the chicken and broccoli 18 to 20 minutes, boil the rice
Wed	Drain the chickpeas, chop the vegetables (10 minutes)	Oven on 220°C, roast the vegetables 10 minutes, add the halloumi for 8 to 10 minutes

DAY	PREP AHEAD (ANY TIME THAT DAY)	AT DINNER TIME
Thu	Shape the meatloaves (bottom shelf), peel and cube the sweet potato (10 minutes)	Oven on 200°C, glaze and bake 22 to 25 minutes, boil and mash the sweet potato
Fri	Glaze the salmon (bottom shelf), mix the clean glaze (5 minutes)	Oven on 200°C, bake the salmon 10 to 12 minutes, boil the rice and edamame, steam the beans

If you shop once: freeze and defrost

Raw meat and fish should not wait several days in the fridge, so buy them on your shopping day, freeze them at once, and take each one out the evening before you cook it. Defrost on a plate on the bottom shelf of the fridge, never on the worktop. Check the use-by date on the pack: if it falls before the day you need the item, freeze it. Do not refreeze raw meat that has defrosted.

ITEM	COOK ON	TAKE OUT OF THE FREEZER
Beef mince for Monday (freeze on buying)	Mon	Sun evening
Chicken breast for Tuesday	Tue	Mon evening
Beef mince for Thursday (freeze on buying)	Thu	Wed evening
Salmon fillet	Fri	Thu evening
Chicken breast for the soup	Sat	Fri evening
Sirloin steak	Sat	Fri evening
Beef topside joint (24 hours or more)	Sun	Fri evening

PREPPING RAW MEAT AND FISH AHEAD

Cubed chicken, sliced steak, mince and glazed fish wait in the fridge on the **bottom shelf**, covered, away from other food. Cook meat the same day (within about 8 hours) and fish within about 6 hours. Never leave prepped raw food on the worktop. Chill any batch portions within 1 to 2 hours of cooking, reheat them once until steaming hot all the way through, and never refreeze food that has been defrosted.

Leftovers: using it all up

- **Sunday's beef:** 1 portion in the fridge for a roast beef sandwich within 2 days, and 2 portions in the freezer.
- **Saturday's soup:** the second portion is Sunday's lunch, so there is no waste.
- **Halloumi and feta:** freeze the spare halloumi in 75 g portions. Use the spare feta in a salad or an omelette within 5 days.
- **Spare Cheddar and yoghurt (about 110 g of cheese, 40 g of yoghurt):** cheese on toast or a jacket potato, and yoghurt on porridge or fruit.
- **Spare eggs (2):** a boiled egg for lunch or an omelette. **Spare edamame:** keeps in the freezer, and is good in soups and rice.
- **Spare spinach, broccoli and bread:** use the spinach in an omelette or soup within 2 days (or freeze it), steam any broccoli, and freeze the rest of the loaf in slices.