

WEEKLY MEAL PLAN

Meal Plan 9

A week of light, fresh, healthy beginner-level meals for spring and summer: salads, quick grills, cold lunches and a roast lamb leg, with a shopping list for every recipe.

8 Chapters | Philip Osztromok | Generated with Claude

MEAL PLAN 9

Contents

Chapter 1	Monday	2
Chapter 2	Tuesday	8
Chapter 3	Wednesday	14
Chapter 4	Thursday	20
Chapter 5	Friday	26
Chapter 6	Saturday	33
Chapter 7	Sunday	40
Chapter 8	Weekly Shopping	46

Meal Plan 9: Spring and Summer Fresh

Day 1 · Monday

Today at a glance. Welcome to Spring and Summer Fresh: light, bright food with no long oven sessions. Breakfast is made the night before, lunch is a no-cook wrap that travels, and dinner is on the table in about **20 minutes**. The two halves of one **lemon** cover lunch and dinner. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Strawberry and Almond Overnight Oats

5 minutes the night before | No cooking | 5 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

40 g	porridge oats
100 ml	semi-skimmed milk
80 g	plain Greek-style yoghurt
100 g	strawberries
10 g	flaked almonds

METHOD

1. The evening before, mix the oats, milk and yoghurt in a jar or lidded container. Cover and put it in the fridge.
2. Hull the strawberries and slice them. Keep about a quarter back for the top and stir the rest into the oats.
3. In the morning, give it a stir, add a splash of milk if it is too thick, and top with the rest of the strawberries and the almonds. Eat it cold, straight from the jar, or take it with you.

WHY IT IS A HEALTHY START

Soaked oats are soft and creamy with no cooking, and give slow-release energy and fibre. The strawberries are sweet and full of vitamin C, so it needs no sugar, and the almonds add healthy fat and crunch.

SWAPS

Raspberries or blueberries in place of the strawberries. Chopped walnuts or sunflower seeds in place of the almonds. A little honey if the fruit is not sweet.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN · TRAVELS WELL

Minted Pea and Feta Wrap

8 minutes | No cooking | 6 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

1	wholemeal tortilla wrap
80 g	frozen peas
30 g	feta cheese
1 tbsp	plain Greek-style yoghurt
6	fresh mint leaves
1 tsp	lemon juice (from ½ a lemon)
20 g	baby spinach
1 pinch	black pepper

METHOD

1. Put the peas in a bowl and cover them with boiling water from the kettle. Leave them for 2 minutes, then drain them well.
2. Mash the peas roughly with a fork. Stir in the yoghurt, the lemon juice and the mint leaves, finely chopped. Crumble in the feta and add pepper.
3. Lay the spinach down the middle of the wrap, spoon the pea mixture over it, fold in the sides and roll it up tightly. Cut it in half. It keeps for a few hours wrapped in foil or paper in a bag with a cool pack.

> **SAVE THE OTHER HALF OF THE LEMON**
>
> Wrap the other half of the lemon, cut side down, in a small container in the fridge. Later in the week it goes into dressings and a soup.

WHY IT IS A HEALTHY LUNCH

Peas are surprisingly high in plant protein and fibre, and the feta adds a salty kick, so you need very little of it. It is cold, fresh and filling, with no mayonnaise.

SWAPS

A boiled egg, sliced, for extra protein. Cottage cheese in place of the feta. A handful of rocket in place of the spinach.

Shopping list for this recipe

Dinner

DINNER · BEEF · QUICK

Beef Lettuce Wraps with Cucumber, Carrot and Mint

Prep: 8 minutes | Cooking: about 12 minutes | About 20 minutes in all | 1 pan plus a rice pan

INGREDIENTS (1 PORTION)

125 g	lean beef mince (5% fat)
60 g	basmati rice
1 clove	garlic
2	spring onions
½ tsp	ground ginger
1 tbsp	reduced-salt soy sauce
1 tsp	honey
1 tsp	olive oil
1	little gem lettuce (use 4 to 6 of the biggest leaves)
1	carrot
50 g	cucumber (about 5 cm)
6	fresh mint leaves
1 tsp	lemon juice (from the other ½ lemon)

PREP AHEAD (ABOUT 8 MINUTES, ANY TIME THAT DAY)

1. Peel and finely chop the garlic. Trim and slice the spring onions. Peel the carrot and cut it into thin matchsticks, or grate it. Cut the cucumber into thin sticks. Tear the mint leaves. Separate the lettuce leaves, rinse and dry them.
2. Mix the soy sauce, honey and ginger in a small bowl. Keep the raw mince on the **bottom shelf** of the fridge, and the prepared vegetables in a covered container.

AT DINNER TIME (ABOUT 12 MINUTES)

1. Cook the rice in a pan of boiling water for 10 to 11 minutes, or following the packet. Drain it.
2. Heat the oil in a frying pan over a medium-high heat. Cook the mince for 5 minutes, breaking it up, until brown all over and no pink is left.

3. Add the garlic and white parts of the spring onions and cook for 1 minute. Pour in the soy mixture and cook for 1 more minute, until it is sticky. Take the pan off the heat and stir in the lemon juice.
4. Spoon the beef into the lettuce leaves, top with the carrot, cucumber, mint and the green spring onion. Eat them with your hands, with the rice on the side.

> **COOKING MINCE SAFELY**
>
> Cook the mince until there is no pink left and it is steaming hot. Wash your hands, the board and the knife after handling raw mince, before you touch the salad. Cook any prepped raw mince the same day.

WHY IT IS A HEALTHY DINNER

Lean mince with lots of crunchy raw vegetables, and lettuce leaves instead of bread or a tortilla. The sauce is just soy sauce and honey, so there is no added oil beyond 1 tsp.

SWAPS

Turkey or chicken mince in place of the beef. A pinch of chilli flakes for heat. A few chopped peanuts on top.

Shopping list for this recipe

> **COMING UP TOMORROW**
>
> Tuesday has a strawberry and banana smoothie, an egg sandwich, and a chicken, pea and pesto pasta. If your chicken is frozen, take it out tonight to defrost in the fridge.

Meal Plan 9: Spring and Summer Fresh

Day 2 · Tuesday

Today at a glance. Breakfast is a 3-minute smoothie, lunch is a sandwich that travels, and dinner is a one-pan pasta in about **20 minutes**. The same **peas** and **cherry tomatoes** come back later in the week. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Strawberry, Banana and Oat Smoothie

3 minutes | Blender | 4 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

100 g	strawberries (fresh or frozen)
1	ripe banana
200 ml	semi-skimmed milk
25 g	porridge oats

METHOD

1. Hull the strawberries. Peel the banana and break it into pieces.
2. Put everything in a blender or a tall jug and blend for 1 minute, until smooth. (A stick blender works well in a jug.) Add a splash more milk if it is too thick.
3. Pour into a glass, or into a bottle to drink on the go.

WHY IT IS A HEALTHY START

The oats make the smoothie thick and filling and give fibre, while the banana sweetens it, so it keeps you going for hours. It is much more filling than a fruit juice.

SWAPS

Frozen strawberries make it thicker and colder, like a milkshake. A spoonful of Greek yoghurt or peanut butter for extra protein.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN · TRAVELS WELL

Egg, Tomato and Cucumber Sandwich

12 minutes | 1 pan | 5 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

2	eggs
1 tbsp	plain Greek-style yoghurt
2 slices	wholemeal bread
1	tomato
30 g	cucumber (about 3 cm)
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.
2. Mash the eggs with a fork in a bowl with the yoghurt and pepper.
3. Slice the tomato and cucumber. Spread the egg on one slice of bread, add the tomato and cucumber, and top with the other slice. Cut in half.

> **COOK THE EGGS THE NIGHT BEFORE**
>
> Boil the eggs the night before, peel them in the morning and the sandwich takes 3 minutes. Keep them in their shells in the fridge.

WHY IT IS A HEALTHY LUNCH

Eggs are an easy source of protein, and yoghurt gives the same creaminess as mayonnaise with much less fat. The tomato and cucumber keep it fresh and juicy.

SWAPS

A handful of spinach or rocket in the sandwich. A wholemeal wrap in place of the bread. A pinch of paprika on the egg.

Shopping list for this recipe

Dinner

DINNER · CHICKEN · QUICK

Chicken, Pea and Pesto Pasta with Cherry Tomatoes

Prep: 5 minutes | Cooking: about 15 minutes | About 20 minutes in all | 2 pans

INGREDIENTS (1 PORTION)

150 g	chicken breast
75 g	dried wholewheat penne or fusilli
80 g	frozen peas
100 g	cherry tomatoes
1 tbsp	green pesto (about 20 g)
1 tsp	olive oil
1 tsp	lemon juice (from a fresh lemon)
1 pinch	black pepper

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

1. Cut the chicken 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. Halve the cherry tomatoes and keep them in a covered container.

AT DINNER TIME (ABOUT 15 MINUTES)

1. Cook the pasta in a pan of boiling water for 10 to 11 minutes, or following the packet. Add the peas for the last 2 minutes. Keep a mugful of the cooking water, then drain.
2. While it cooks, heat the oil in a frying pan over a medium-high heat. Cook the chicken for 5 to 6 minutes, turning, until golden and white all the way through, with no pink.
3. Add the tomatoes and cook for 2 minutes, until they just start to soften.
4. Tip the drained pasta and peas into the frying pan with the pesto, lemon juice and a splash of the cooking water. Stir for 1 minute, until the pasta is coated and glossy. Season with pepper.

> **RAW CHICKEN**

> Keep the raw chicken on the bottom shelf and cook it the same day. Check that a thick piece is white all the way through. Wash your hands, the board and the knife after handling it, and never rinse raw chicken.

WHY IT IS A HEALTHY DINNER

Wholewheat pasta gives fibre and the chicken gives lean protein, and the peas and tomatoes make it nearly half vegetables. A spoonful of pesto gives a lot of flavour for very little oil.

SWAPS

A courgette, sliced, cooked with the chicken. A handful of spinach stirred in at the end. Tinned white beans or a tin of tuna in place of the chicken.

Shopping list for this recipe

COMING UP TOMORROW

Wednesday is the vegetarian day: soft-boiled eggs with asparagus soldiers, a tomato, basil and mozzarella toast, and a spring vegetable frittata.

Meal Plan 9: Spring and Summer Fresh

Day 3 · Wednesday

Today at a glance. Wednesday is the **vegetarian dinner**, and a day for eggs and asparagus. Breakfast takes 8 minutes, lunch takes 8, and dinner is a frittata in about **20 minutes**. One **bunch of asparagus** is shared between breakfast and dinner. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Soft-Boiled Eggs with Asparagus Soldiers

8 minutes | 1 pan | 3 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

2	eggs
100 g	asparagus (about 6 spears)
1 slice	wholemeal bread
1 pinch	black pepper

METHOD

1. Snap the woody ends off the asparagus where they break naturally. Bring a small pan of water to the boil.
2. Lower the eggs in gently and boil for 6 minutes for a runny yolk (7 for a softer set). Add the asparagus to the pan for the last 3 minutes.
3. Meanwhile, toast the bread. Lift out the asparagus and drain it. Cool the eggs in cold water for 30 seconds.
4. Serve the eggs in egg cups or small glasses, with the asparagus and toast to dip, and a little pepper.

WHY IT IS A HEALTHY START

Eggs give protein that keeps you full all morning, and asparagus adds vitamins and fibre for almost no calories. Dipping the asparagus is a lighter way to eat a runny egg than buttered toast.

SWAPS

Green beans or long-stem broccoli in place of the asparagus. A poached egg in place of the boiled ones.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN

Tomato, Basil and Mozzarella on Toast

8 minutes | Grill | 4 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

2 slices	wholemeal bread
2	medium tomatoes
60 g	light mozzarella (half a 125 g ball)
6	fresh basil leaves, or ½ tsp dried oregano
1 pinch	black pepper

METHOD

1. Heat the grill to high and toast the bread lightly on both sides.
2. Slice the tomatoes and the mozzarella. Lay the tomato on the toast, then the mozzarella, and add pepper.
3. Grill for 2 to 3 minutes, until the cheese is just starting to melt.
4. Tear the basil over the top and eat straight away.

> **THE OTHER HALF OF THE MOZZARELLA**
>
> Keep the rest of the ball in its liquid in a covered container in the fridge. Friday's breakfast uses it, so it will not be wasted.

WHY IT IS A HEALTHY LUNCH

Ripe tomatoes give flavour and vitamin C, and light mozzarella gives protein and calcium with less fat than regular. The toast makes it a proper meal.

SWAPS

A teaspoon of pesto spread on the toast. Sliced cucumber or rocket on top. Cherry tomatoes if full-size ones are not ripe.

Shopping list for this recipe

Dinner

DINNER · VEGETARIAN · QUICK

Spring Vegetable Frittata with Tomato Salad

Prep: 5 minutes | Cooking: about 15 minutes | About 20 minutes in all | 1 ovenproof pan and a grill

INGREDIENTS (1 PORTION)

3	eggs
100 g	asparagus (the other half of the bunch)
60 g	frozen peas
1	small courgette (about 120 g)
1	spring onion
30 g	feta cheese
1 tsp	olive oil
1	tomato
30 g	cucumber (about 3 cm)
1 tsp	lemon juice (from a fresh lemon)
1 slice	wholemeal bread
1 pinch	black pepper

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

1. Snap the woody ends off the asparagus and cut the spears into 3 cm pieces. Slice the courgette thinly into half-moons. Trim and slice the spring onion. Keep them in a covered container in the fridge.

AT DINNER TIME (ABOUT 15 MINUTES)

1. Heat the grill to high. Heat the oil in a small non-stick frying pan with a metal or ovenproof handle (about 20 cm) over a medium heat.
2. Cook the asparagus, courgette and spring onion for 5 minutes, stirring, until just tender. Add the peas for the last minute.
3. Beat the eggs in a jug with pepper and pour them over the vegetables. Crumble the feta on top. Cook over a low heat for 4 minutes, without stirring, until the base is set and the top is still a little wet.

4. Put the pan under the grill for 2 to 3 minutes, until the top is set and golden.
5. While it cooks, slice the tomato and cucumber and dress them with the lemon juice and a little pepper. Toast the bread.
6. Slide the frittata onto a plate, cut it into wedges and serve with the salad and toast.

> **A HANDLE THAT IS NOT OVENPROOF**
>
> If the handle of your pan is plastic, it will melt under the grill. Use a pan with a metal handle, or cover the handle with foil, or finish the frittata in a 200°C oven for about 6 minutes instead.

WHY IT IS A HEALTHY DINNER

Three eggs give plenty of protein, and the asparagus, courgette and peas make it half vegetables. It is cooked with only 1 tsp of oil, and it is just as good cold the next day in a lunchbox.

SWAPS

Spinach, broccoli or green beans in place of the asparagus. Cheddar in place of the feta. A handful of fresh mint or basil in the eggs.

Shopping list for this recipe

> **COMING UP TOMORROW**
>
> Thursday has a blueberry and lemon yoghurt pot, a prawn and avocado wrap, and a Vietnamese-style beef and noodle salad. Take the steak out of the freezer tonight to defrost in the fridge if it is frozen.

Meal Plan 9: Spring and Summer Fresh

Day 4 · Thursday

Today at a glance. Breakfast takes 3 minutes, lunch is a no-cook wrap, and dinner is a warm noodle salad in about **20 minutes** with no oven. It is the second of this week's three beef dinners. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Blueberry and Lemon Yoghurt Pot

3 minutes | No cooking | 4 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

150 g	plain Greek-style yoghurt
80 g	blueberries (fresh or frozen)
30 g	porridge oats
½ tsp	finely grated lemon zest (from ¼ lemon)
1 tsp	honey (optional)

METHOD

1. Stir the oats and lemon zest into the yoghurt in a bowl or jar.
2. If the blueberries are frozen, microwave them for 30 seconds to defrost them and make a little juice.
3. Spoon the blueberries over the top and drizzle with the honey if you like. Eat it straight away, or leave it for 10 minutes for softer oats.

WHY IT IS A HEALTHY START

Blueberries are full of vitamins and colour, and the lemon makes the whole thing taste fresh and sweet with hardly any honey. Greek yoghurt and oats give protein and fibre.

SWAPS

Raspberries or strawberries in place of the blueberries. A few flaked almonds on top.

Shopping list for this recipe

Lunch

LUNCH · TRAVELS WELL

Prawn and Avocado Wrap with Lemon Yoghurt

8 minutes | No cooking | 6 ingredients

INGREDIENTS (1 PORTION)

1	wholemeal tortilla wrap
100 g	cooked, peeled cold-water prawns, defrosted if frozen
1	small ripe avocado
1 tbsp	plain Greek-style yoghurt
1 tsp	lemon juice
2	little gem lettuce leaves
30 g	cucumber (about 3 cm)
1 pinch	black pepper

METHOD

1. Pat the prawns dry with kitchen paper. Stir the yoghurt and lemon juice together in a bowl and mix in the prawns.
2. Halve the avocado, remove the stone and scoop out the flesh. Mash half of it with a fork and slice the other half. Slice the cucumber into sticks.
3. Spread the mashed avocado over the wrap. Add the lettuce leaves, the prawns, the sliced avocado and the cucumber, and finish with pepper.
4. Roll it up tightly and cut it in half. For a packed lunch, wrap it tightly in foil or paper and keep it cool. Eat it within 4 hours.

> **KEEPING PRAWNS COOL**
>
> Keep the prawns in the fridge until you use them and use them by the date on the pack. Eat the wrap within a few hours, and if you take it with you, keep it in a bag with an ice pack.

WHY IT IS A HEALTHY LUNCH

Prawns are very lean protein, and avocado gives healthy fat that keeps you full. The yoghurt and lemon replace mayonnaise, so the wrap is light and fresh.

SWAPS

Tinned tuna or cooked chicken in place of the prawns. A pinch of paprika or chilli flakes.

Shopping list for this recipe

Dinner

DINNER · BEEF · NO OVEN

Vietnamese-Style Beef and Noodle Salad

Prep: 10 minutes | Cooking: about 8 minutes | About 20 minutes in all | 1 pan plus a kettle

INGREDIENTS (1 PORTION)

125 g	lean sirloin or rump steak
50 g	rice vermicelli noodles
1	carrot
50 g	cucumber (about 5 cm)
1	little gem lettuce
6	fresh mint leaves
1 clove	garlic
1	lime (juice of the whole lime)
1 tbsp	reduced-salt soy sauce
1 tsp	honey
1 tsp	olive oil

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 5 mm thick. Put it in a bowl with half the soy sauce and the chopped garlic, cover and put it on the **bottom shelf** of the fridge.
2. Make the dressing: in a small jar, stir the lime juice, the rest of the soy sauce and the honey. Peel the carrot and cut it into matchsticks, cut the cucumber into thin sticks, shred the lettuce and tear the mint. Keep them in a covered container in the fridge. Wash your hands, the board and the knife.

AT DINNER TIME (ABOUT 10 MINUTES)

1. Put the noodles in a bowl, cover them with boiling water and leave them for 4 minutes, or following the packet. Drain, rinse under cold water and shake dry.
2. Heat the oil in a frying pan over a high heat. Cook the beef strips for 2 to 3 minutes, turning once, until brown on the outside and cooked through. (If your pan is small, cook in two batches.)

3. Put the lettuce in a bowl, add the noodles, carrot, cucumber and mint, then the warm beef on top.
4. Pour the dressing over, toss lightly and eat straight away.

> **MARINATED RAW BEEF**
>
> Keep the marinating beef on the bottom shelf, away from other food, and cook it the same day (within about 8 hours). The soy and garlic on the raw beef go into the hot pan and are cooked with it. Do not use any marinade left in the bowl as a dressing. The dressing is the separate lime mixture.

WHY IT IS A HEALTHY DINNER

Thin strips of lean steak go a long way, and rice noodles with lots of raw vegetables and herbs make a light, filling dish with a sharp lime dressing instead of oil.

SWAPS

Chicken strips in place of the beef (cook for 5 to 6 minutes until white all the way through). Bean sprouts or red pepper in place of the cucumber. A few chopped peanuts on top.

Shopping list for this recipe

COMING UP TOMORROW

Friday has cottage cheese and cherry tomato on toast, a cold courgette, pea and mint soup, and a hot-smoked salmon and new potato salad. It is a cold, easy fish dinner, so there is no defrosting to remember.

Meal Plan 9: Spring and Summer Fresh

Day 5 · Friday

Today at a glance. Friday is the **fish day**. Breakfast takes 8 minutes, lunch is a cold soup you make in the morning, and dinner is a salad with ready-to-eat smoked salmon in about **20 minutes**, with no oven. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Mozzarella, Tomato and Basil Scramble on Toast

8 minutes | 1 frying pan | 5 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

2	eggs
50 g	cherry tomatoes
60 g	light mozzarella (the other half of Wednesday's ball)
4	fresh basil leaves
2 slices	wholemeal bread
1 tsp	olive oil
1 pinch	black pepper

METHOD

1. Halve the tomatoes and cut the mozzarella into small cubes. Beat the eggs in a jug with pepper. Put the bread in the toaster.
2. Heat the oil in a small non-stick frying pan over a medium heat. Cook the tomatoes for 2 minutes, until they start to soften.
3. Pour in the eggs and stir gently for 1 to 2 minutes, until they are just starting to set. Fold in the mozzarella and take the pan off the heat. The eggs will finish cooking in the heat of the pan.
4. Pile the eggs on the toast and tear the basil over the top.

WHY IT IS A HEALTHY START

Eggs give protein, and the tomatoes and basil give the feel of a pizza topping with none of the fat. Light mozzarella melts into the eggs, so a small amount is plenty.

SWAPS

Feta in place of the mozzarella. A handful of spinach stirred in. Wholemeal pitta in place of the toast.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN · EAT IT COLD

Cold Courgette, Pea and Mint Soup

20 minutes, then chill | 1 pan | 7 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

1 tsp	olive oil
2	spring onions
1	courgette (about 200 g)
80 g	frozen peas
½ cube	reduced-salt vegetable stock cube
300 ml	hot water for the stock
6	fresh mint leaves
1 tsp	lemon juice
1 tbsp	plain Greek-style yoghurt
1 slice	wholemeal bread, to serve

METHOD

1. Trim and slice the spring onions. Cut the courgette into thin half-moons.
2. Heat the oil in a medium saucepan over a medium heat. Cook the spring onions and courgette for 4 minutes, stirring, until soft but not brown.
3. Add the hot stock, bring to the boil, turn down the heat and simmer for 6 minutes. Add the peas for the last 2 minutes.
4. Take the pan off the heat. Add the mint and lemon juice and blend with a stick blender until smooth.
5. Cool it for 10 minutes, then pour into a container, cover and chill it for at least 1 hour (or put it in a flask or lidded jar and take it with you). Swirl the yoghurt on top and serve with the toast. It is also good served warm.

> **MAKE IT IN THE MORNING**

> Make the soup before you leave, or the evening before, and it is cold and ready by lunchtime. It keeps in the fridge for 2 days.

WHY IT IS A HEALTHY LUNCH

A bowl of green vegetables with no cream or potato, and the peas give protein and fibre. Mint and lemon make it taste fresh and bright, so it is a light lunch for a warm day.

SWAPS

Spinach or lettuce stirred in at the end for more green. Basil in place of the mint. Warm it through if the day is cold.

Shopping list for this recipe

Dinner

DINNER · FISH · NO OVEN

Hot-Smoked Salmon and New Potato Salad with Peas

Prep: 5 minutes | Cooking: about 15 minutes | About 20 minutes in all | 1 pan

INGREDIENTS (1 PORTION)

100 g	hot-smoked salmon fillet (ready to eat)
200 g	baby new potatoes
60 g	frozen peas
50 g	cucumber (about 5 cm)
1	spring onion
40 g	baby spinach
2 tbsp	plain Greek-style yoghurt (about 30 g)
1 tsp	lemon juice
6	fresh mint leaves
1 pinch	black pepper

PREP AHEAD (OPTIONAL, ANY TIME THAT DAY)

1. Boil the potatoes (step 1 below), drain them, and cool them. Keep them covered in the fridge. Mix the dressing and slice the cucumber and spring onion, and keep them in the fridge too. At dinner time, you then only need to assemble the salad.

AT DINNER TIME (ABOUT 15 MINUTES)

1. Halve any large potatoes so they are all about the same size. Put them in a pan of boiling water and cook for 12 to 15 minutes, until a knife slides in easily. Add the peas for the last 2 minutes. Drain.
2. Make the dressing: in a small bowl, stir the yoghurt with the lemon juice, the mint leaves, finely chopped, and a little pepper. Add a splash of water to loosen it.
3. Slice the cucumber and spring onion. Put the spinach on a plate.
4. Toss the warm potatoes and peas gently with half the dressing, then pile onto the spinach with the cucumber and spring onion.
5. Flake the salmon over the top and spoon over the rest of the dressing.

READY-TO-EAT FISH

Hot-smoked salmon is already cooked, so you only need to flake it. Keep it in the fridge until you use it, check the use-by date and eat it that day once the pack is opened. It is a good choice for a fish dinner with no cooking.

WHY IT IS A HEALTHY DINNER

Salmon gives omega-3 fats and plenty of protein, and the new potatoes and peas add fibre and vitamin C. The creamy dressing is made with yoghurt and lemon, not mayonnaise.

SWAPS

Hot-smoked trout or mackerel in place of the salmon. Green beans or asparagus in place of the peas. A soft-boiled egg on the side.

Shopping list for this recipe

COMING UP TOMORROW

Saturday has courgette and feta fritters, a lentil, cucumber and feta salad that makes two portions (one for Sunday's lunch), and a rump steak with chimichurri and grilled corn. If your steak is frozen, take it out tonight to defrost in the fridge. If your lamb is frozen, take that out tonight too for Sunday, because a large joint takes about 24 hours to defrost.

Meal Plan 9: Spring and Summer Fresh

Day 6 · Saturday

Today at a glance. Saturday has time for fritters at breakfast, and a bean salad lunch that makes **2 portions** (one for Sunday). Dinner is the last of this week's three beef dinners: a quick steak with a fresh herb sauce, in about **25 minutes**. Quantities are marked for one or two portions on each recipe.

Breakfast

BREAKFAST · VEGETARIAN

Courgette and Feta Fritters with a Poached Egg

20 minutes | 1 frying pan, 1 pan | 7 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

1	small courgette (about 150 g)
1	egg, for the fritters
20 g	plain flour (about 2 tbsp)
30 g	feta cheese
4	fresh mint leaves
1	egg, to poach
1 tsp	olive oil
1 pinch	black pepper

METHOD

1. Grate the courgette on the coarse side of a grater. Put it in a clean tea towel or kitchen paper and squeeze out as much water as you can. This is the secret to crisp fritters.
2. In a bowl, mix the courgette with the flour, 1 egg, the crumbled feta, the chopped mint and pepper, to make a thick batter.
3. Heat the oil in a non-stick frying pan over a medium heat. Drop in 3 big spoonfuls of batter, flatten them lightly and cook for 3 minutes on each side, until golden and set.
4. While the second side cooks, bring a small pan of water to a gentle simmer. Crack the second egg into a cup, slide it into the water and poach for 3 minutes. Lift it out with a slotted spoon and drain it on kitchen paper.
5. Stack the fritters on a plate and put the poached egg on top.

WHY IT IS A HEALTHY START

Mostly vegetable with only a spoonful of flour, and a poached egg for protein. Feta is salty, so a small amount gives plenty of flavour.

SWAPS

A grated carrot in place of half the courgette. Cheddar in place of the feta. A spoonful of Greek yoghurt on the side.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN · MAKES 2 PORTIONS

Lentil, Cucumber and Feta Salad

10 minutes | No cooking | Makes 2 portions: 1 today, 1 tomorrow | Vegetarian

INGREDIENTS (2 PORTIONS)

400 g	tin green or brown lentils in water (1 tin), drained and rinsed
100 g	cucumber (about 10 cm)
100 g	cherry tomatoes
60 g	feta cheese
6	fresh mint leaves
2 tbsp	lemon juice
2 tsp	olive oil
1 pinch	black pepper

METHOD

1. Drain the lentils in a sieve and rinse them under cold water. Shake them dry and tip them into a bowl.
2. Dice the cucumber into small cubes and halve the tomatoes. Add them to the lentils. Chop the mint and crumble in the feta.
3. Whisk the lemon juice, olive oil and pepper with a fork and pour it over. Toss everything together.
4. Eat half now, and put the other half in a covered container in the fridge. The flavours get better overnight, and it is tomorrow's lunch.

WHY IT IS A HEALTHY LUNCH

Lentils give plenty of protein and fibre and keep you full for hours. The lemon dressing needs only a little oil, and the feta adds salt and flavour, so you need no more.

SWAPS

A tin of chickpeas in place of the lentils. Add a handful of spinach or rocket when you serve it. A boiled egg on top for extra protein.

Shopping list for this recipe

Dinner

DINNER · BEEF · QUICK

Rump Steak with Chimichurri, Grilled Corn and Tomato Salad

Prep: 10 minutes | Cooking: about 12 minutes | About 25 minutes in all | 1 pan and a grill

INGREDIENTS (1 PORTION)

150 g	lean rump steak, fat trimmed
1	corn on the cob
2	medium tomatoes
15 g	fresh parsley (about a handful)
1 clove	garlic
1 tbsp	lemon juice
3 tsp	olive oil (1 tbsp, for the chimichurri)
1 tsp	olive oil, for the steak
1 tbsp	cold water
1 pinch	black pepper

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

1. Make the chimichurri: finely chop the parsley and the garlic. Mix them in a small bowl with the lemon juice, the 3 tsp of oil, the water and a little pepper. Cover and leave it at room temperature for up to 1 hour, or keep it in the fridge.
2. Take the steak out of the fridge about 15 minutes before cooking, and pat it dry with kitchen paper.

AT DINNER TIME (ABOUT 15 MINUTES)

1. Heat the grill to high. Remove the husk and silks from the corn and microwave it in a bowl with 2 tbsp of water for 4 minutes (or boil it for 6 minutes). Put it under the grill for 4 to 5 minutes, turning, until it is golden in places.
2. Meanwhile, heat a frying pan over a high heat until very hot. Rub the steak with the 1 tsp of oil and a little pepper. Cook it for 2 to 3 minutes on each side for medium (3 to 4 for well done), turning once.
3. Put the steak on a board, cover with foil and rest it for 3 minutes. Slice the tomatoes and put them on a plate.

4. Slice the steak against the grain and arrange it on the plate with the corn. Spoon over some chimichurri, and eat the rest with the tomatoes.

> **COOKING STEAK**
>
> A whole steak is safe a little pink in the middle, because the outside is seared and any bacteria are on the surface. Cook it for longer if you prefer it well done. Wash the board, tongs and your hands after handling raw steak, and do not use the same board for the salad.

WHY IT IS A HEALTHY DINNER

A lean steak is a rich source of iron and protein, and the herb sauce gives a big hit of flavour from parsley, garlic and lemon with only 1 tbsp of oil. Fresh corn and tomatoes make it a full, colourful plate.

SWAPS

Sirloin or a chicken breast in place of the rump. Frozen sweetcorn, grilled in a pan, if corn on the cob is out of season. Cucumber in place of the tomato.

Shopping list for this recipe

> **COMING UP TOMORROW**
>
> Sunday has poached egg and tomatoes on toast, today's lentil salad again, and a roast lamb leg that makes 4 portions: one for tonight, one for a lamb flatbread and two for the freezer.

Meal Plan 9: Spring and Summer Fresh

Day 7 · Sunday

Today at a glance. Sunday is a relaxed day. Breakfast takes 15 minutes, lunch is yesterday's lentil salad and takes 5, and dinner is a roast lamb leg that makes **4 portions**: one for tonight, one for a lamb flatbread 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 · VEGETARIAN

Poached Eggs with Roast Tomatoes and Spinach on Toast

15 minutes | Grill, 1 pan | 5 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

2	eggs
100 g	cherry tomatoes
20 g	baby spinach
2 slices	wholemeal bread
1 tsp	olive oil
1 pinch	black pepper

METHOD

1. Heat the grill to high. Put the tomatoes on a baking tray, drizzle with the oil and add pepper. Grill for 6 to 8 minutes, shaking the tray once, until the skins split and they are soft.
2. Bring a small pan of water to a gentle simmer. Crack each egg into a cup and slide them in one at a time. Poach for 3 minutes for a runny yolk, then lift out with a slotted spoon and drain on kitchen paper.
3. Toast the bread. Put the spinach on the toast: the heat will wilt it. Top with the tomatoes and the poached eggs and add a little more pepper.

WHY IT IS A HEALTHY START

Roasting the tomatoes makes them sweet and jammy, so there is no need for ketchup. Eggs give protein, and the spinach counts towards your five a day.

SWAPS

Sliced mushrooms roasted with the tomatoes. A boiled egg in place of poached if you prefer. A sprinkle of feta.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN · FROM SATURDAY

Lentil Salad from Saturday with Spinach

5 minutes | No cooking | From Saturday's batch | Vegetarian

INGREDIENTS (1 PORTION)

1 portion	lentil, cucumber and feta salad, from Saturday's lunch (kept in the fridge)
20 g	baby spinach
1 slice	wholemeal bread
1 tsp	lemon juice, to freshen it up

METHOD

1. Take the salad out of the fridge about 10 minutes before you eat it, so it is not too cold.
2. Put the spinach in a bowl or box and spoon the salad over it. Add the lemon juice and stir.
3. Eat with the bread, toasted if you like.

> **KEEP IT COLD AND EAT IT TODAY**
>
> The salad should have been in a covered container in the fridge since Saturday. Eat it today, and throw away anything left over.

WHY IT IS A HEALTHY LUNCH

It needs no cooking, and the lentils soak up the dressing overnight, so it tastes even better. Fresh spinach adds a green boost and iron.

SWAPS

A boiled egg or a spoonful of Greek yoghurt on top. Wrap it in a wholemeal tortilla for lunch on the go.

Shopping list for this recipe

Dinner

DINNER · LAMB · SLOW ROAST · MAKES 4 PORTIONS

Roast Lamb Leg with New Potatoes, Peas and Mint Yoghurt

Prep: 15 minutes | Oven: about 1 hour 15 minutes | About 20 minutes of hands-on work | Makes 4 portions: 1 tonight, 1 flatbread, 2 for the freezer

INGREDIENTS (4 PORTIONS OF LAMB; THE POTATOES, PEAS AND MINT YOGHURT ARE FOR TONIGHT'S PORTION)

- **800 g** boneless lamb leg joint (rolled and netted), fully defrosted if frozen
- **2 cloves** garlic
- **2 tsp** olive oil
- **1 tsp** dried thyme
- **1 pinch** black pepper
- 200 g baby new potatoes (tonight's portion)
- 80 g frozen peas (tonight's portion)
- 3 tbsp plain Greek-style yoghurt (about 45 g, tonight's portion)
- 6 fresh mint leaves, chopped (tonight's portion)
- 1 tsp lemon juice (tonight's portion)

PREP (ABOUT 15 MINUTES)

1. Heat the oven to 200°C (180°C fan). Take the lamb out of the fridge 20 minutes before cooking and pat it dry with kitchen paper. Leave the net on.
2. Peel the garlic and cut it into thin slivers. Make small cuts all over the lamb with the tip of a sharp knife and push a sliver of garlic into each. Rub the joint with the oil, the thyme and plenty of pepper. Put it in a roasting tin.

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

1. Roast for 15 minutes to brown the outside. Turn the oven down to 170°C (150°C fan) and roast for another 50 to 60 minutes. A thermometer in the middle should read at least 70°C, and the juices should run clear with no pink for a well-done joint.
2. Take the lamb out, cover it tightly with foil and rest it on a board for 15 minutes.
3. While it rests, put the potatoes in a pan of boiling water and cook for 12 to 15 minutes, until tender, adding the peas for the last 2 minutes. Drain.

4. Stir the yoghurt, mint and lemon juice together in a small bowl for the mint yoghurt.
5. Remove the net and slice the lamb thinly across the grain. Serve one quarter with the potatoes, peas and mint yoghurt, with a little of the juices from the tin spooned over.
6. Slice or shred the rest of the lamb into three containers, with a little of the juices 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 lamb flatbread 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.

LAMB FLATBREAD

Warm a portion of the lamb in a pan with a splash of the juices and pile it into a wholemeal tortilla or pitta with sliced cucumber and tomato and a spoonful of Greek yoghurt. It is a quick lunch or dinner for a busy day.

WHY IT IS A HEALTHY DINNER

A boneless leg is a lean cut with little fat, and one joint gives four meals for about 20 minutes of work. Mint yoghurt replaces gravy and butter, and the new potatoes and peas add fibre and vitamin C.

SWAPS

Chicken thighs, roasted for 40 minutes at 200°C, for a quicker and cheaper dinner. Green beans or asparagus in place of the peas. Rosemary in place of the thyme.

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 9: Spring and Summer Fresh

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, flour, soy sauce and spices are probably already at home. Every recipe is for one portion except Saturday's lentil salad (2) and Sunday's roast lamb (4), which make extra portions. 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, 125 g or a 250 g pack	Mon (lettuce wraps)
Chicken breast	1 fillet, about 150 g	Tue (pesto pasta)
Lean rump or sirloin steak	2 steaks, about 150 g each (275 g needed)	Thu 125 g (noodle salad), Sat 150 g (chimichurri)
Boneless lamb leg joint, rolled	800 g	Sun (roast, 4 portions)
Hot-smoked salmon fillet (ready to eat)	1 fillet, about 100 g	Fri (potato salad)
Cooked, peeled cold-water prawns	1 pack, 100 g	Thu (lunch wrap)

Fruit and vegetables

ITEM	BUY	USED IN
Strawberries	1 punnet, 250 g (200 g needed)	Mon 100 g (oats), Tue 100 g (smoothie)
Blueberries	1 small punnet, 100 g (80 g needed)	Thu (yoghurt pot)
Banana	1 ripe	Tue (smoothie)
Avocado	1 small ripe	Thu (wrap)
Lemons	3	Mon 1 (½ lunch, ½ dinner), plus about 5 tsp of juice Tue to Fri, 1 tbsp Sat dinner, 2 tbsp Sat lunch, Sun. Thu breakfast uses ¼ for the zest
Lime	1	Thu (dressing)
Asparagus	1 bunch, about 200 g	Wed 100 g (breakfast), 100 g (frittata)
Courgettes	3 (one small, one medium, one small)	Wed 1 small, Fri 1, Sat 1 small
Cucumber	1 large, about 400 g (340 g needed)	Mon 50 g, Tue 30 g, Wed 30 g, Thu 80 g (30 g lunch, 50 g dinner), Fri 50 g, Sat 100 g
Carrots	2	Mon 1, Thu 1
Spring onions	1 bunch (6 needed)	Mon 2, Wed 1, Fri 3 (2 soup, 1 salad)
Little gem lettuces	3	Mon 1 (wraps), Thu 1 (salad) and 2 leaves (wrap)
Baby spinach	1 bag, 100 g	Mon 20 g, Fri 40 g, Sun 40 g (20 g breakfast, 20 g lunch)
Medium tomatoes	6	Tue 1, Wed 3 (lunch 2, dinner 1), Sat 2
Cherry tomatoes	1 pack, 350 to 400 g (350 g needed)	Tue 100 g, Fri 50 g, Sat 100 g, Sun 100 g
Baby new potatoes	1 bag, 500 g (400 g needed)	Fri 200 g, Sun 200 g
Corn on the cob	1	Sat (dinner)

ITEM	BUY	USED IN
Garlic	1 head (5 cloves needed)	Mon 1, Thu 1, Sat 1, Sun 2
Fresh mint	2 small packs or 1 large pot (about 40 leaves)	Mon 12, Thu 6, Fri 12, Sat 10, Sun 6
Fresh basil	1 small pot or pack (10 leaves)	Wed 6, Fri 4
Fresh parsley	1 small pack (15 g needed)	Sat (chimichurri)

Dairy and eggs

ITEM	BUY	USED IN
Eggs	1 box of 15, or 2 boxes of 6 plus 1 spare (13 needed)	Tue 2, Wed 5 (breakfast 2, frittata 3), Fri 2, Sat 2, Sun 2
Plain Greek-style yoghurt	1 tub, 500 g (365 g needed)	Mon 95 g, Tue 15 g, Thu 165 g, Fri 45 g, Sun 45 g
Semi-skimmed milk	1 pint (568 ml, 300 ml needed)	Mon 100 ml, Tue 200 ml
Feta cheese	1 pack, 200 g (150 g needed)	Mon 30 g, Wed 30 g, Sat 30 g (fritters) and 60 g (lentil salad). About 50 g spare
Light mozzarella	1 ball, 125 g	Wed 60 g (lunch), Fri 60 g (breakfast)

Bread and bakery

ITEM	BUY	USED IN
Wholemeal bread	1 loaf (12 slices needed)	Tue 2, Wed 4, Fri 3, Sun 3
Wholemeal tortilla wraps	1 pack (2 needed)	Mon 1, Thu 1

Frozen

ITEM	BUY	USED IN
Peas	1 bag, 500 g (440 g needed)	Mon 80 g, Tue 80 g, Wed 60 g, Fri 140 g (soup 80, salad 60), Sun 80 g

Tins, jars and bottles

ITEM	BUY	USED IN
Green or brown lentils in water (400 g tin)	1 tin	Sat (lunch, 2 portions)
Green pesto	1 small jar	Tue (pasta). Keeps 4 weeks in the fridge

Dry goods

ITEM	BUY	USED IN
Porridge oats	1 bag (95 g needed)	Mon 40 g, Tue 25 g, Thu 30 g
Basmati rice	1 small bag (60 g needed)	Mon (lettuce wraps)
Dried wholewheat penne or fusilli	1 small pack (75 g needed)	Tue (pesto pasta)
Rice vermicelli noodles	1 small pack (50 g needed)	Thu (noodle salad)
Flaked almonds	1 small bag (10 g needed)	Mon (oats)
Reduced-salt vegetable stock cubes	1 small box (½ cube needed)	Fri (soup)

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
- **Plain flour**: 2 tbsp (Sat)
- **Reduced-salt soy sauce**: 2 tbsp (Mon, Thu)

- **Honey**: up to 3 tsp, optional (Mon, Thu)
- **Salt and black pepper**: used in most recipes
- **Ground ginger**: ½ tsp (Mon)
- **Dried thyme**: 1 tsp (Sun)

Equipment

- A frying pan with a metal or ovenproof handle, about 20 cm, for the frittata (Wed)
- A grill and a baking tray (Wed, Sat, Sun)
- A medium saucepan with a lid (Mon to Sun) and a small pan for poaching (Wed, Sat, Sun)
- A blender or a stick blender (Tue smoothie, Fri soup)
- A roasting tin, foil and ideally a meat thermometer (Sun)
- A jar or lidded container for the overnight oats (Mon) and for packed lunches
- Three lidded freezer containers for the lamb (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. Nothing needs a long oven session during the week. Saturday is a quick steak, and Sunday is a roast lamb leg with lots of waiting time.

DAY	PREP AHEAD (ANY TIME THAT DAY)	AT DINNER TIME
Mon	Chop the garlic, spring onions and vegetables, mix the soy mixture (8 minutes)	Cook the rice, brown the mince, add the sauce, fill the lettuce leaves
Tue	Slice the chicken (bottom shelf), halve the tomatoes (5 minutes)	Boil the pasta, fry the chicken and tomatoes, toss with peas and pesto
Wed	Cut the asparagus and courgette, slice the spring onion (5 minutes)	Cook the vegetables, add the eggs, set under the grill, make the tomato salad
Thu	Slice and marinate the steak (bottom shelf), chop the vegetables, mix the dressing (10 minutes)	Soak the noodles, fry the steak 2 to 3 minutes, toss everything together
Fri	Optional: boil and cool the potatoes, mix the dressing (5 minutes)	Boil the potatoes and peas, assemble the salad, flake the salmon on top

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, Monday's pack (freeze on buying)	Mon	Sun evening
Chicken breast	Tue	Mon evening
Prawns	Thu	Wed evening
Steak for Thursday	Thu	Wed evening
Steak for Saturday (freeze on buying)	Sat	Fri evening
Lamb leg joint (24 hours or more)	Sun	Fri evening

PREPPING RAW MEAT AND FISH AHEAD

Sliced chicken, steak and mince 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 lamb:** 1 portion in the fridge for a lamb flatbread within 2 days, and 2 portions in the freezer.
- **Saturday's lentil salad:** the second portion is Sunday's lunch, so there is no waste.
- **Spare feta (about 50 g) and yoghurt (about 135 g):** feta in an omelette or on a salad, and yoghurt on porridge or fruit.
- **Spare eggs (2) and pesto:** an omelette or egg sandwich, and pesto on toast or stirred into soup or pasta.

- **Spare mint, basil and parsley:** chop and freeze in a little water in an ice-cube tray, or add to salads and omelettes.
- **Spare peas, spinach and bread:** peas keep frozen. Use the spinach within 2 days or freeze it, and freeze the rest of the loaf in slices.