

Day 4

● BREAKFAST ●

Porridge (fruit or chocolate)



What you will need:

- Porridge oats
- Water or Milk
- Honey, fruit, yogurt, drinking chocolate

Pour the oats into a bowl (do not fill to the top) and add either milk or water. Place into the microwave for 1 and a half to 2 minutes. Carefully remove the bowl and allow it to sit for a couple minutes. Finally add your sweeteners, such as honey, syrup, fruit (bananas, blueberries strawberries go best), or drinking chocolate.

● DINNER ●

Macaroni Cheese



- 350g Macaroni pasta
- 600ml milk
- 50g butter, cubed
- 50g soft Cheese
- 100g mature cheddar, grated, plus extra to serve
- 20g parmesan or vegetarian alternative, plus extra to serve

Instructions:

1. Pour boiling water over the pasta and drain, then put everything in a slow cooker and stir well. Season, cover and cook on low for 1 hr. Stir again, put the lid back on and cook for another 30 mins until the pasta is cooked and the sauce has reduced enough to coat the macaroni.

2. Leave the lid off and reduce for the last 10 mins if you need to, or add a splash more milk – this will depend on the size of your slow cooker and the brand. Serve with extra cheese.

Day 5

● BREAKFAST ●

Eggy Bread



- Bread (white or brown)
- Eggs (1 or 2 per person)
- Butter or oil
- Honey, cinnamon, sugar, tomato sauce

Whisk up two eggs up in a wide bowl. Warm a frying pan with a little butter or oil. Place a piece of bread into the bowl and cover with the egg. Transfer to the frying pan and cook until golden. Add some honey, cinnamon, sugar or tomato sauce.

● DINNER ●

Beef Stew



Instructions:

- 2kg Chuck beef steak or two tins of beef steak
- 1 packet of Dried French onion soup or any other packet you have of soup
- 1 cup of water
- 3 carrots chopped or tinned
- 1 onion chopped
- 3 potatoes large quartered or tinned
- 2 Garlic cloves (crushed)
- ½ cup of Worcester sauce (optional)

Place all the ingredients in slow cooker and add the water and soup mix. Cover and cook on low for 8-10 hours, according to the size of the meat. Add vegetables halfway through cooking.



Quick and easy meals with high nutritional value to keep you going throughout the day

All meals in this meal plan are suggestions and allow for some creative freedom. Please adapt these meals to suit yourself as you see fit.

Dinner servings are 2-4 persons.

Churches Housing Action Team
(Mid-Devon)-CHAT

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Day 1

● BREAKFAST ●

Breakfast Cocktail



- Tinned fruit or fresh fruit
- Yogurt
- Honey
- Granola

Slice the fruit you have into smaller pieces and add the tinned fruit along with the juice. Then if you prefer, add yogurt, honey and granola.

You can use a variety of healthy canned fruit in this low-calorie recipe, such as apricots, peaches or pears. This breakfast is quick, easy and healthy too!

● DINNER ●

Fish Pie



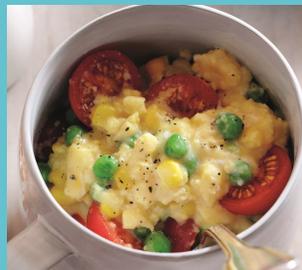
- 250g cod or haddock fillet
- 200ml milk
- 295g can condensed mushroom soup
- 98g can sweetcorn, drained
- 300g can peas, drained
- 820g can potatoes, drained and cut into quarters
- 125g cheddar cheese, grated

Preheat the oven to 190C/375F/Gas Mark 5. Lay the fish in a large frying pan and pour over the milk. Cover and bring slowly to the boil. Simmer gently for 5-7 minutes. Remove the fish and place into one large dish. Add the soup to the milk and heat gently until combined. Add the sweetcorn and peas and pour over the fish. Place the potatoes on top of the fish and scatter with cheese. Bake for 25 minutes or until the potatoes are beginning to turn golden and the fish filling is hot and bubbling.

Day 2

● BREAKFAST ●

Egg In a Cup



- 2 large eggs
- Milk
- Frozen peas
- Frozen sweetcorn
- Cherry tomatoes
- Cheddar cheese
- Toasted pitta bread

Crack each egg into a microwaveable mug. Add dash of milk and seasoning to each, then beat together with a fork. Microwave on HIGH for 1 minute. Stir with a fork, add the peas and sweetcorn and return to the microwave. Cook on High for 1 minute. Stir again with the fork and leave to stand for 30 seconds. If you prefer your eggs more set, microwave for a further 30 seconds. Divide the cherry tomatoes and cheese between the mugs and stir well. Serve with toasted pitta bread.

● DINNER ●

Easy Tuna Pasta



- Bunch of spring onions
- 400g pasta shapes
- 2 x 185g cans tuna in sunflower oil, drained
- 400g canned sweetcorn, drained
- 2 tbsp mayonnaise

Trim away the root ends and the dark green leaves from the spring onions, then finely slice and set aside.

Fill a large saucepan to three-quarters full with water and bring to the boil. Add the pasta and cook according to packet instructions until tender to the bite, then carefully drain. Put the pasta back into the saucepan and add the spring onions, tuna, sweetcorn, and mayonnaise, and mix everything together.

Day 3

● BREAKFAST ●

American Pancakes



- 135g/4¾oz plain flour
- 1 tsp baking powder
- 2 tbsp caster sugar
- 130ml/4½fl oz milk
- 1 large egg, lightly beaten
- 2 tbsp butter or olive oil

Add the flour, baking powder, caster sugar into a bowl. In a separate bowl, whisk together the milk, eggs and butter. Pour the milk mixture into the flour mixture and beat using a fork until smooth. Heat a frying pan over a medium heat and add a knob of butter. Add the batter to the frying pan. Wait until the top of the pancake begins to bubble, then turn it over and cook until pancake has risen around 1cm thick. Serve with lashings of maple syrup, fruit, chocolate sauce and extra butter, if you like.

● DINNER ●

Jacket Potato with Baked Beans



- 1 baking potato
- Salt
- Black pepper
- Butter, for serving
- Tinned baked beans

Pierce 3 to 4 times with a fork. Place potato on microwaveable plate and microwave 7 minutes, turning over halfway through cooking. If your potato isn't fork tender after 7 minutes, continue microwaving in 1 minute increments. Let it rest for 2 minutes.

Split potato down the middle, season with salt and pepper, and top with butter before serving. Then cover with baked beans which need around 2 minutes in the microwave.