

The Savvy Shopper's Cookbook

Weekly Meal Plan

All of the recipes in this meal planner can be found in "The Savvy Shopper's Cookbook" (Ebury Press) which is available to buy on Amazon and in Waterstones

Monday

Sweetcorn Soup: Fry the onions in oil rather than butter. Swap the cream for milk. Use fresh chives and dried Thyme. Serve with bread.

Tuesday

Loaded Tuna Potato Skins: Serve with wilted spinach, with a little fresh chilli.

Wednesday

Sausage Meatball Marinara Subs: Served with homemade potato wedges. Cut 2 baking potatoes into thin wedges (skins on). Simmer in boiling water for 5 minutes. Drain. Then drizzle in oil until thoroughly coated before adding salt and pepper. Bake on 220C for about 25 minutes

Thursday

Sun dried Tomato, Spinach & Goat's Cheese Spaghetti:

Friday

Fishcakes with Carrot, Cucumber and Chilli Salad: Swap the fresh herbs in the fishcakes for 1 tbls of mixed dried herbs. Add a handful of (defrosted) frozen sweetcorn to the fishcakes. Leave out the mint from the Carrot, Cucumber & Chilli Mint Salad from the cookbook.

Saturday

Thai Chicken Noodle Broth: Use (defrosted) frozen chicken breasts. Swap mangetout for spinach adding 2-3 handfuls at the end of cooking.

Sunday

Chicken, Cheese & Leek Pies: Use dried sage instead of parsley. Serve with mashed potato and sweetcorn