

EAT HEALTHY ON A BUDGET

SEVEN DAY EASY MEAL PLAN

Number of servings in total: 14 – That's two weeks of meals!

One of the most important decisions you make each day is deciding what to eat. A varied and well-balanced diet plays a very important part in a healthy wellbeing. Not only does a good diet help you control your weight, but it can also increase your energy levels, improve your concentration and support an effective short-term memory - all essential for a busy student.

Eating well does not have to cost a fortune, nor does it have to be difficult. Here are some basic home-cooked recipes that will save you money and keep you feeling healthy.

Weekly Shopping List

Item	Cost	Notes
3 x onion	48p	
1 x pack of 3 peppers	96p	
1 x garlic bulb	30p	
3 x 400g tin of chopped tomatoes	93p	
500g pack of dried pasta	30p	The un-used pasta will last in the cupboard for another meal
1 x block of cheese	£1.40	Use spare cheese for sandwiches in the week
Dried basil	70p	Use time and time again
1 x lime	30p	
1 x small box of chicken breasts	£1.89	You can freeze the spare chicken
Pack of tortilla wraps	70p	You can freeze the spare wraps
Mild chilli powder	80p	Use time and time again
1 x avocado	79p	
1 x 750g pack of beef mince	£3.80	
Tomato paste	35p	
Mixed herbs	70p	Use time and time again
1 x pack of mushrooms	67p	
2 x carrot	12p	
4 x celery sticks	55p	
1 x stock cube	47p (for a pack of three)	Use spare stock cubes for another meal
3 x sweet potato	90p	
1 x pack of stir-fry vegetables	All three for £3.00	
1 x pack of stir-fry noodles		
1 x stir-fry sauce		
1 x tin of haricot or mixed beans	48p	
Total:	£20.99	

Prices taken from a variety of supermarkets available in Lincoln



MONDAY

Tomato Pasta Bake

PREP TIME: 5 MINS COOK TIME: 25 MINS

TOTAL TIME IN THE KITCHEN: 30 MINS

SERVES 4 - PERFECT FOR BATCH COOKING AND FREEZING

Ingredients:

- 1 tbsp oil
- 1 x onion – *peeled and finely chopped*
- 1 x pepper – *deseeded and finely chopped*
- 1 x garlic clove – *crushed*
- 400g tin of chopped tomatoes
- 250g dried pasta
- 1 tsp of dried basil
- 50-75g of your choice of cheese - *grated*

Method

1. Heat the oil in a large frying pan or wok, then soften the onion and pepper for 5 mins. Stir in the garlic, fry for 1 min, tip in the tomatoes and pasta, and then bring to a simmer. Bubble for 10-15 mins, stirring occasionally, until the pasta is soft and the sauce has thickened. Season, stir through the basil, then transfer to a large ovenproof dish.
2. Scatter with the cheese, then grill for 5-6 mins until the cheese is bubbling and golden.

Total cost per serving - £0.45



Tuesday

Spicy Chicken & Avocado Wraps

PREP TIME: 5 MINS COOK TIME: 8 MINS

TOTAL TIME IN THE KITCHEN: 13 MINS

SERVES 2 – TAKE THIS FOR LUNCH THE NEXT DAY

Ingredients:

- 1 tsp oil
- 1 x chicken breast – *thinly sliced*
- 1 x pepper – *deseeded and finally chopped*
- 1x ripe avocado
- 1 x garlic clove – *crushed*
- Squeeze of lime juice
- 1 tsp of mild chilli powder
- 2 x tortilla wraps

Method

1. Mix the chicken with the lime juice, chilli powder and garlic.
2. Heat the oil in a non-stick frying pan then fry the chicken for a couple of mins – it will cook very quickly so keep an eye on it. Meanwhile, warm the wraps following the pack instructions.
3. Slice the avocado all the way around (from top to bottom), then twist the two halves and pull apart. Take out the core, spoon out the flesh and slice. Put half an avocado onto each wrap, add the sliced pepper and then divide the chicken into each wrap. Roll up, cut in half and eat with your fingers.

Total cost per serving - £1.24



Wednesday

Cottage Pie

PREP TIME: 10 MINS COOK TIME: 50 MINS

TOTAL TIME IN THE KITCHEN: 60 MINS

SERVES 4 – PERFECT FOR BATCH COOKING AND FREEZING

Ingredients:

- 1 ½ tbsp of oil
- Half a 750g pack of beef mince
- 1 x onion – *peeled and finely chopped*
- 4 x mushrooms – *finely sliced*
- 1 x carrot – *peeled and finely chopped*
- 2 x celery sticks – *finely sliced*
- 1 x beef stock cube – *dissolved in 350 ml water*
- 1 tbsp tomato paste
- 1 tsp of mixed herbs
- 2 x large sweet potato

Method

1. Pre-heat oven to 190 C/Gas 5.
2. Peel potato, chop into segments and place in sauce pan of water. Bring to the boil, reduce the heat slightly and cook the potatoes for around 20mins, or until soft when cut with a knife.
3. Whilst the potatoes are cooking, heat 1 tsp oil in a large saucepan or wok and fry the mince until browned. Set aside the browned mince. Put the rest of the oil into the pan, add the vegetables and cook on a gentle heat until soft, about 20 mins.
4. Add the stock, tomato paste, and mixed herbs along with the mince to the pan. Simmer for a few minutes and then transfer into oven proof dish.
5. Drain the cooked potatoes in a colander, return to pan and mash until soft. Sweet potato does not need butter/milk to soften, however you may add a small amount for taste if you prefer. Add some pepper to the mash and pile on top of mince mixture – spread evenly across dish using a fork – don't smooth too much as a rough top can help to get a crispy top.
6. Place pie in oven for 35 mins then turn up the heat to 220C. Cook for a further 10 mins or until top of potato becomes crispy.

Total cost per serving - £0.89



Thursday

Vegetable Stir-fry

PREP TIME: 5 MINS COOK TIME: 10 MINS

TOTAL TIME IN THE KITCHEN: 15 MINS

SERVES 2 – TAKE LEFTOVERS FOR YOUR LUNCH THE NEXT DAY

Ingredients:

1 tbsp of oil

1 x pack of stir-fry mixed vegetables (your choice)

1 x pack of egg or rice noodles

1x sauce of your choosing (black bean, sweet chilli, sweet and sour)

Method

1. Probably the easiest recipe in this pack. Stir-fry the vegetables for a minute or two in a wok with a tbsp of oil, add the noodles and the sauce and stir-fry for another 2-3 minutes until the noodles are soft. Serve and enjoy!

Total cost per serving - £1.50



Friday

Pasta Bolognese

PREP TIME: 5 MINS COOK TIME: 30 MINS

TOTAL TIME IN THE KITCHEN: 35 MINS

SERVES 4 – PERFECT FOR BATCH COOKING AND FREEZING

Ingredients:

- 1 ½ tbsp of oil
- Half a 750g pack of beef mince
- 1 x onion – *peeled and finely chopped*
- 1 x clove of garlic - *crushed*
- 4 x mushrooms – *finely sliced*
- 1 x carrot – *peeled and finely chopped*
- 1x pepper - *deseeded and finely chopped*
- 2 x celery sticks – *finely sliced*
- 400g tin of tomatoes
- 1 tbsp tomato paste
- 1 tsp of mixed herbs
- 100g dried pasta
- Sprinkling of grated cheese (of your choosing) – *to serve*

Method

1. Heat 1 tsp oil in a large saucepan or wok and fry the mince until browned. Set aside the browned mince. Put the rest of the oil into the pan, add the vegetables and garlic, and then cook on a gentle heat until soft, about 20 mins.
2. Add the tinned tomatoes, tomato paste, and mixed herbs along with the mince to the pan. Gently simmer for 20 mins.
3. Whilst the bolognese is cooking, put the dried pasta in a sauce pan, add water to cover and bring to the boil. Reduce the heat slightly and boil pasta for 10 mins (or time stated on packet).
4. Drain the pasta in a colander, and serve with the bolognese piled on top. Add some grated cheese and dig in!

Total cost per serving - £0.99



Saturday

Baked Sweet Potato with Beans

PREP TIME: 10 MINS COOK TIME: 30 MINS

TOTAL TIME IN THE KITCHEN: 40 MINS

SERVES 2 – PERFECT QUICK MEAL FOR THOSE BUSY NIGHTS STUDYING (OR BEFORE A NIGHT OUT!)

Ingredients:

- 1 tbsp of oil
- 1 x sweet potato
- 1 x 400g tin of chopped tomatoes
- 1 x onion – *peeled and finely chopped*
- 1 x garlic clove - *crushed*
- 1 x tin or haricot or mixed beans
- 1 tbsp tomato paste
- Salt and pepper to taste

Method

1. Heat oven to 200C/180C fan/gas 6. Wash and pierce the sweet potato a few times with a fork, then cook them in the microwave on high for 8 mins or until soft. Rub with 1 tsp of oil and some seasoning. Transfer to a baking tray, put in the oven and cook for 15-20 mins until crispy.
2. Meanwhile, make the beans. Cook the onion in the remaining oil until soft. Add the garlic and cook for a further 1-2 mins. Tip in the beans, tomatoes, tomato paste and a splash of water, and simmer until the sweet potato is ready.
3. Serve the sweet potato with half the bean mixture on top. You can freeze the other half of the bean mixture for another day.

Total cost per serving - £0.73



Sunday

Give yourself the day off from cooking and take out one of your batch cooked meals from the freezer to re-heat!





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