

Cooking for One

✓ Minimal Waste ✓ All ingredients less than £30 ✓ Nutritionally Balanced

Shopping List

Carbohydrates

- 1 small loaf of wholemeal bread
- 1 packet of wholemeal wraps
- 1 packet of wholemeal pasta (around 500g)
- 1 bag of brown rice

Tins/Jars

- 1 tin of no added sugar baked beans
- 6 pack of free-range eggs
- 1 tin of chickpeas in spring water
- 1 tin of tuna in spring water
- 2 tins of chopped tomatoes

Meat

- 8 packet of sausages (freeze half of the pack)
- 2 pack of free-range chicken breasts
- 500g pack of 5% fat beef mince
- Packet of frozen salmon fillets

Dairy products

- 2 pints of semi-skimmed milk (green top)
- 1 litre of preferred fruit juice with no added sugar
- Tub of Greek yoghurt
- Tub of margarine
- Single cream

Other

- Trial mix
- Packet of Digestive Biscuits

Cupboard essentials

(Only repurchase when needed)

- Oats
- Syrup or sweetener of choice
- Peanut butter
- Spices
- Oil
- Bag of caster sugar
- Coffee or Tea
- Cheese

+ 1 Hoole Food Market Small Produce Box

GENERAL NUTRITION ADVICE

More information at 'The Eatwell Guide' on www.nhs.uk

Fruit and Vegetable

At least 5 portions of 80g of fresh, frozen, tinned, dried or juiced sources of fruit or veg

Dairy/Dairy Alternatives

Good source of protein, some vitamins and calcium
Choose low fat, low sugar options

Fat

Important for vitamins and minerals but high in energy so should be eaten in small amounts

Choose lower fat and unsaturated forms such as margarine and vegetable oils

Protein

Pulses, beans and lentils are good low fat alternatives to meat
See Image Below



References
NHS. (2019). *The Eatwell Guide*. Retrieved on 31th January 2021 from www.nhs.uk/live-well/eat-well/the-eatwell-guide/

Cooking for One Meal Plan

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Monday

Breakfast

2 slices of whole-wheat toast with peanut butter & banana
150ml fruit juice

Snack

Handful of trail mix

Lunch

Houmous and salad
wholewheat wrap
Coffee/Tea

Snack

Yoghurt with syrup

Evening Meal

Sausage pasta bake
Glass of sugar free squash

Tuesday

Breakfast

Porridge with apple and cinnamon compote
Coffee/Tea

Snack

Fruit salad

Lunch

Tuna and cucumber sandwich
Glass of water

Snack

2 digestive biscuits

Evening Meal

Chicken Fajitas
Glass of sugar free squash

Wednesday

Breakfast

2 slices of whole-wheat toast with beans
Glass of water

Snack

2 digestive biscuits

Lunch

Leftover sausage pasta bake
Coffee/Tea

Snack

Handful of trail mix

Evening Meal

Salmon with creamy potatoes and leeks
Glass of water

Thursday

Breakfast

2 slices of whole-wheat toast with peanut butter & banana
Coffee/Tea

Snack

Houmous & veg sticks

Lunch

Avocado on toast with egg
Glass of water

Snack

Fruit Salad

Evening Meal

Pasta bolognese
Glass of water

Friday

Breakfast

Porridge with apple and cinnamon compote
Glass of water

Snack

Fruit Salad

Lunch

Cheese salad sandwich on brown bread
150ml fruit juice

Snack

Yoghurt with syrup

Evening Meal

Leftover Chicken Curry
Glass of sugar free squash

Saturday

Breakfast

English breakfast with sausages, egg, toast and veg
Coffee/Tea

Snack

Glass of water

Lunch

Houmous and veggie sticks
Glass of water

Snack

Handful of trail mix

Evening Meal

Omelette with potato wedges
Glass of water

Sunday

Breakfast

Homemade granola with Greek yoghurt
150ml glass of fruit juice

Snack

Glass of water

Lunch

Leftover pasta bolognese
Glass of squash

Snack

Fruit salad

Evening Meal

Roast Dinner
Glass of water

TOP TIPS



2 portions of fish per week, 1 should be oily e.g. salmon or mackerel



Choose wholewheat/wholemeal carbohydrate options for added fibre

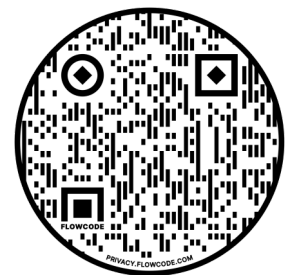


The amount of drinks in this meal plan is not enough for full hydration. Drink 6-8 glasses each day of water or any other unsweetened beverages



For all coffee and tea: make with semi skimmed and unsweetened

QR Code to Recipe Booklet



Picture Credits

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Fish icon: https://cdn.pixabay.com/photo/2016/03/31/19/14/fish-1294822_960_720.png

Bread icon: <https://game-icons.net/icons/000000/ffffff/1x1/lorc/sliced-bread.png>

Glass icon: https://as1.ftcdn.net/jpg/03/09/65/52/220_F_309655209_Zgg4mGivf7Gr5zQunUa7ru2d7q3aGTsg.jpg