

# FROZEN FAMILY MEAL PLAN

**15 meals for under £30!** Five days of balanced breakfasts, lunches, and dinners from Nutritionist Lily Soutter using items from the freezer aisle

**15**  
BREAKFASTS,  
LUNCHES + DINNERS  
FOR UNDER **£30**

MONDAY

## Breakfast: Fruit and Nut Granola

This crunchy homemade granola topped with frozen fruit is a perfect energy-boosting breakfast to start the day.

## Lunch: Veggie Deluxe Pizza

This pizza is topped with a range of frozen veggies, including peas, sweetcorn, and a frozen onion in the tomato sauce. Who would have thought we could enjoy our veggies in such a delicious way?

## Dinner: King Prawn Fish Pie

A hearty meal made with frozen king prawns, which are rich in high quality protein and low in fat.



TUESDAY

## Breakfast: Easy Breakfast Omelette

This breakfast packs a protein punch with the egg and frozen sausage combo.

## Lunch: Sweetcorn Burgers with Paprika Chips

These plant-based burgers are an excellent source of fibre thanks to the frozen sweetcorn and chickpea base.

## Dinner: Spicy Plant-Based Meatball Pasta

These frozen plant-based meatballs provide a delicious and healthy twist complete with 4.3g fibre and 10.1g protein per portion.



WEDNESDAY

## Breakfast: Banana and Ginger Breakfast Bar

An excellent option for those busy mornings, this bar is packed with frozen bananas for a nutritious and convenient breakfast.

## Lunch: Super Greens Veggie Soup with Wholemeal Croutons

Jam-packed full of broccoli, a source of fibre and vitamin C. Just because these vegetables are frozen doesn't mean they lose their goodness.

## Dinner: Butternut Squash Mac and Cheese

Mac and cheese with health benefits, who would have thought?! The silky-smooth butternut squash sauce makes the perfect base for this mac and cheese and is a great way to hide extra veggies in our recipes.



THURSDAY

## Breakfast: Tropical Smoothie

This smoothie is a great way to pack in your five a day with a blend of exotic fruits, including mango, pineapple, and papaya.

## Lunch: Oven Baked Basa Fillets with Sweet Potato Fries

Frozen fish is an excellent source of high-quality protein, providing 22g of protein per 100g, whilst being low in calories.

## Dinner: Pesto Chicken Traybake

A perfectly balanced traybake providing all key food groups. The frozen chicken provides lean yet high-quality protein, whilst the potato provides the starchy carbohydrates to fuel us with energy throughout the day.



FRIDAY

## Breakfast: Sausage and Egg Shakshuka

A delicious way to sneak in some morning veggies. The egg plus frozen sausage add protein, whilst the fibre-rich wholemeal bread provide a steady release of energy to the body and brain.

## Lunch: Roasted Butternut Squash Soup

A family favourite, the vibrant orange hue of butternut squash comes from a plant pigment called beta-carotene, which converts to vitamin A within the body.

## Dinner: Onion and Rosemary Plant Sausages with a Mustardy Mash

This recipe is a great one to up our intake of plants without compromising on flavour. The onion and rosemary plant sausages are high in protein and fibre.



## SHOPPING LIST

- Four Seasons Diced White Onions 500g
- Four Seasons British Garden Peas 900g
- Four Seasons Supersweet Sweetcorn 1kg
- Four Seasons Strawberry and Banana Smoothie Mix 500g
- Four Seasons Exotic Smoothie Mix 500g
- Everyday Essentials Medium Sliced Wholemeal Bread 800g
- Everday Essentials Mixed Weight Eggs 15 Pack
- Brooklea Low Fat Natural Yogurt 500g
- Nature's Pick Potatoes 2.5kg
- 3x Four Seasons Butternut Squash Chunks 500g
- Four Seasons Broccoli Florets 1kg
- Four Seasons Very Fine Whole Green Beans 1kg
- 4 x Everday Essentials Chopped Tomatoes in Tomato Juice 400g
- Everyday Essentials Clear Honey 340g
- Emporium British Mature Cheddar Cheese 400g
- Plant Menu 6 Onion & Rosemary Sausages 300g
- Four Seasons Chick Peas 400g
- Cucina Pesto Basil 190g
- The Fishmonger Raw Jumbo King Prawns 165g
- Plant Menu Meat Free Meatballs 304g
- Oakhurst Cooked Sliced Chicken 340g
- Oakhurst 16 Irish Recipe Pork Sausages 800g
- Four Seasons Tasty Sweet Potato Fries 500g
- The Fishmonger Basa Fillets 380g

## CUPBOARD ESSENTIALS

- Salt, Pepper
- Oil, Butter
- Plain Flour, 400g
- Baking Powder
- Cinnamon, Ginger, Chilli
- Flakes, Paprika, Cumin
- Basil, Rosemary, Italian Mixed Herbs, Parsley
- Mustard
- Gravy Granules (Optional)
- 5 Stock Cubes
- Yeast 14g
- 4 Garlic Bulbs (29 Cloves)
- Milk 1.275ml
- Oats 420g
- Pasta 500g
- Crunchy Peanut Butter 220g



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## MONDAY

### Breakfast: Fruit and Nut Granola

#### Ingredients:

160g oats / 120g peanut butter / 70g honey / 1 tsp cinnamon / 200g frozen strawberry / 50g frozen banana / 300g yogurt

#### Method:

1. Preheat the oven to 150C/fan.
2. Heat the peanut butter and honey in the microwave for 50 seconds. Stir until blended together and mixed.
3. In a large mixing bowl, add the oats, then coat with the peanut and honey. Using a spoon, mix fully until the oats are coated. Add the cinnamon and stir in well.
4. Place the granola mix onto a baking tray lined with baking paper or tin foil. Place in oven for 30 mins. Keep checking and moving the granola around to ensure the granola does not burn. If too hot, reduce temperature to 125C/fan.
5. Once cooked, let the granola cool before serving.
6. Serve with yogurt and defrosted strawberries and bananas. Add an optional drizzle of honey on top.



### Lunch: Veggie Deluxe Pizza

#### Ingredients

(Makes 4 small or 2 large pizzas):

**Base:** 380g wholemeal flour (and extra for shaping) / 14g dried yeast / 2 tsp sugar / 240ml warm water

**Sauce:** 400g canned tomatoes / 1 tbsp basil / 90g frozen onion / 4 garlic cloves / 1/2 stock cube

**Toppings:** 140g cheese / 120g frozen sweetcorn / 120g frozen peas

#### Method:

1. Preheat the oven to 210C/fan.
2. In a large mixing bowl, place the wholemeal flour, yeast, sugar, and water. Combine well, then knead into a dough. Cover and set aside.
3. To make the sauce, finely chop the garlic. Add the onion and garlic to a pan with oil and fry until they are translucent and start to become golden. Add the canned tomato, half a stock cube, and the basil. Heat until the sauce is simmering, and the stock cube is well combined. Take the sauce off the



heat. Blend the sauce in a food processor until smooth.

4. Cover a clean surface with some flour. To make 2 large pizzas, split the dough in half, to make 4 small pizzas split the dough into 4 portions. Roll out the dough thinly on the floured surface and place onto oiled baking trays.
5. Spread the tomato sauce over the pizza bases. Top with frozen sweetcorn and peas. Finally, top with grated cheddar cheese and a good sprinkle of black pepper.
6. Cook the pizzas for 15 minutes in the oven or until golden.

### Dinner: King Prawn Fish Pie

#### Ingredients:

45g cheese / 165g frozen raw jumbo king prawns / 800g potato / 350ml milk / 100g frozen sweetcorn / 1 tbsp mustard / 20g plain flour / 1 tbsp dried parsley (plus extra for a garnish) / 0.5 stock cube / 60g frozen chopped onion / 320g frozen green beans

#### Method:

1. Preheat oven to 180C/fan.
2. Cut potatoes into quarters and boil for 15-20 minutes or until cooked. Once cooked, drain and return to the pan. Using a potato masher, mash the potatoes with 20g of olive oil, salt and pepper.
3. In a non-stick pan, heat 20ml olive oil with the flour, onion, and half of a stock cube. Cook until combined. Add the milk and gently whisk until totally mixed with no lumps. Cook for a further 4 minutes to thicken.
4. Take the pan off the heat and gently mix in the king prawns, mustard, parsley, and sweetcorn. Place this mix into 4 small fish pie dishes.
5. Top each fish pie dish with the mashed potato, grated cheese, and a further sprinkle of parsley.
6. Place in the oven for at least 25 minutes.
7. Serve with steamed or microwaved green beans.



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## TUESDAY

### Breakfast: Easy Breakfast Omelette

#### Ingredients:

80g frozen sweetcorn / 80g frozen peas / 7 eggs / 4 frozen sausages / 4 slices wholemeal bread toasted

#### Method:

1. Place sausages onto a baking tray under the grill for 15-20 minutes, turning occasionally. Once cooked cut into small slices.
2. Cook the sweetcorn and peas either by boiling or in the microwave.
3. In a bowl whisk the eggs together with salt, pepper and a splash of milk.
4. Heat a pan with oil, pour quarter of the egg mixture into the pan to create the first omelette. Tilt the pan from side to side to ensure the mix spreads. Let the mix cook.
5. Add the sliced sausages, peas and sweetcorn to the omelette, fold over and serve on a plate. Repeat this step to create 4 omelettes.
6. Serve with sliced wholemeal toast.

### Lunch: Sweetcorn Burgers with Paprika Chips

#### Ingredients:

1 x 400g can chickpeas / 280g frozen sweetcorn / 60g oats / 4 tsp smoked paprika / 1 tsp chilli flakes / 4 garlic cloves / 2.5 tbsp plain flour (plus a little extra for shaping the burgers) / 4 slices wholemeal bread / 4 tbsp (80g) pesto / 300g potato (for chips with smoked paprika) / 380g frozen green beans

#### Method:

1. Preheat the oven to 180C/fan. Slice the potatoes into thin chips. Place the chips onto a baking tray, drizzle with oil, and sprinkle over 2 tsp smoked paprika. Season with salt and pepper. Place in the oven for 25-30 minutes or until golden.
2. Defrost the sweetcorn in a bowl in the microwave. Finely chop the garlic cloves.
3. Add the sweetcorn, drained chickpeas, oats, 2 tsp smoked paprika, chilli flakes, garlic, flour, 1 tsp salt and 3-4 pinches of black pepper to a food processor. Blend until smooth.
4. Place some flour onto a clean surface. Place some of the blended burger mix onto the floured surface and using



your hands, shape the mix. Repeat this step until 4-6 burgers have been made.

5. Heat oil in a pan over medium heat. Place a burger on the pan and cook either side until golden (around 5 minutes on each side). Turn over when necessary to avoid burning.
6. Steam or microwave the green beans and serve with the burger and paprika chips. Optional extra – serve burger between two halves of toast and a dollop of pesto (20g per burger).



### Dinner: Spicy Plant-based Meatball Pasta

#### Ingredients:

304g frozen plant menu meat-free meatballs / 4 cloves garlic, chopped finely / 1 x 400g can chopped tomatoes / 90g frozen onion / 0.5 stock cube / 1 tsp chilli flakes (but could have up to 2 depending on spice tolerance) / 1 tbsp dried basil / 350g pasta / 40g cheese to sprinkle

#### Method:

1. Preheat the oven to 180C/fan. Place meatballs on a baking tray and in the oven for 16 minutes.
2. Place pasta in boiling water for 10 minutes or until cooked.
3. Finely chop the garlic. Add the onion and garlic to a pan with oil and fry until they are translucent and start to become golden. Add the canned tomato, half a stock cube, basil and chilli (tasted to reach desired spice). Heat until the sauce is simmering, and the stock cube is well combined. Take the sauce off the heat. Blend the sauce in a food processor until smooth. Stir cooked meatballs into the sauce.
4. Serve the drained pasta with the spicy tomato meatballs and grated cheese.



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## WEDNESDAY

### Breakfast: Banana And Ginger Breakfast Bar

#### Ingredients:

150g frozen banana slices /  
130g oats / 100g peanut butter /  
20g honey / 2 tsp ginger powder

#### Method:

1. Preheat the oven to 180C/fan.
2. Defrost the frozen sliced bananas in the microwave. Once defrosted, using a fork, mash the banana well until it forms a puree consistency. Then add the peanut butter and mix further with the fork so it's blended well.
3. In a large mixing bowl, add the oats, followed by the banana and peanut butter mix, honey and ginger. Stir well until the ingredients are combined and form a dough.
4. Grease a baking tray and fill tray with the mixture. Pat the mixture flat so it's around 1.5 cm thick.
5. Place in the oven and cook for 25 minutes until the mix is cooked through and starts to look golden. Once cooked, take out of the oven, cool and then slice.



2. In a pan, fry the onion and garlic until they are translucent and start to turn golden.
3. Add the chopped potato, stock cubes and water. Cover and cook for 15 minutes with a lid on.
4. Add the broccoli, dried basil and 2 pinches of black pepper and cook for a further 5 minutes with the lid on.
5. Add peas cook for further 5 minutes.
6. Take the pan off the heat. Using a handheld blender or food processor, blend the soup ingredients.
7. Serve topped with wholemeal croutons.

### Dinner: Butternut Squash Mac And Cheese

#### Ingredients:

400g cubed frozen  
butternut squash / 350g  
pasta / 80ml milk / 175g  
cheddar mature (160g for  
sauce and 16g for topping) /  
1 slice wholemeal bread / 1 tbsp butter / 1 clove garlic /  
1 tsp mixed Italian herbs / 2 pinches of black pepper /  
130g frozen peas / 180g frozen broccoli

#### Method:

1. Place the butternut squash in a saucepan of boiling water, and boil for around 10-15 minutes or until cooked.
2. Drain the butternut squash and add to a food processor with the milk, 160g grated cheese, finely sliced garlic, mixed Italian herbs, black pepper and butter. Blend until smooth.
3. Place pasta into a saucepan of boiling water, and boil for 10 minutes or until cooked.
4. In a baking dish, place the drained cooked pasta and butternut squash cheese sauce and mix.
5. To make the breadcrumbs, blend a slice of wholemeal bread in a food processor. Sprinkle the breadcrumbs onto the pasta dish, topped with 16g grated cheese.
6. Place under the grill for 5 minutes or until golden.
7. Serve with steamed or microwaved peas and broccoli.



### Lunch: Super Greens Veggie Soup with Wholemeal Croutons

#### Ingredients:

70g frozen onion /  
4 garlic cloves / 500g  
frozen broccoli / 250g frozen peas / 1.5 stock cube / 1  
tbsp dried basil (and extra for sprinkling on the croutons) /  
800ml water / 300g potato, chopped into cubes / 3 slices of  
wholemeal bread for croutons

#### Method:

1. Pre-heat the oven to 190C/fan. To make the croutons, tear up the bread into small crouton sized pieces. Place on a baking tray lined with baking paper or tin foil. Using your hands, coat the bread in olive oil, salt, pepper, and dried basil. Cook in the oven for around 7 minutes but check every now and then to ensure they don't burn.



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## THURSDAY

### Breakfast: Tropical Smoothie

#### Ingredients:

200g yogurt / 500g exotic smoothie mix / 700ml milk / 50g oats / 20g honey

#### Method:

1. Blend all of the ingredients in a smoothie blender. Depending on the size of the blender, the smoothie may need to be made in two batches. If you prefer a sweeter smoothie, add more honey to taste.



### Dinner: Pesto Chicken Traybake

#### Ingredients:

340g frozen cooked chicken slices / 110g pesto / 300g potato, cubed / 50g frozen onion / 100g frozen butternut squash / 100g frozen sweetcorn / 300g frozen green beans / 4 garlic cloves / 1 tbsp Italian mixed herbs

#### Method:

1. Preheat oven to 180C/fan.
2. Chop the potatoes into small cubes and place them on a baking tray with the onion and butternut squash. Using your hands, ensure the potato and butternut squash are coated well with oil, salt, pepper, and Italian mixed herbs. Place the tray into the oven for 25 minutes.
3. After 25 minutes, add sweetcorn, green beans, finely diced garlic and another drizzle of oil, salt, 2 pinches of black pepper, and more Italian mixed herbs to the tray. Mix around the ingredients on the tray, so they are coated well.
4. In a separate bowl, mix the chicken with the pesto, so it's coated. Place the pesto-covered chicken onto the traybake.
5. Add the traybake to the oven for further 10 minutes. Once cooked, take it out of the oven and serve.



### Lunch: Oven Baked Basa Fillets With Sweet Potato Fries

#### Ingredients:

380g frozen basa fillets / 500g frozen sweet potato fries / 320g frozen peas / 4 cloves finely sliced garlic / dried parsley / (Lemon juice optional extra)

#### Method:

1. Preheat the oven to 180c/fan
2. Place each basa fillet into lightly oil tin foil. Top with garlic, parsley, oil, salt and pepper, and the wrap each fish fillet with the tin foil. Place on a baking tray and in the oven for 20-25 minutes or until cooked through.
3. Oven cook the sweet potato fries as instructed on the label.
4. Boil or microwave the peas.
5. Serve the cooked basa fillets the sweet potato fries, cooked peas and an optional squeeze of lemon juice. Season to taste.



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## FRIDAY

### Breakfast: Sausage And Egg Shakshuka

#### Ingredients:

70g frozen onion / 4 garlic cloves, finely chopped / 1 tbsp cumin / 1 tbsp smoked paprika / 2 x 400g cans of chopped tomatoes / 8 eggs / 4 frozen sausages / 1 tbsp mixed Italian herbs / 4 slices wholemeal bread to serve

#### Method:

1. Preheat the oven to 200C/fan. Add onion, finely chopped garlic, cumin, smoked paprika, Italian mixed herbs, salt, pepper and oil to a roasting tin and roast for 15-20 minutes. Keep checking the onions so you're careful not to burn these.
2. Once roasted stir in the canned chopped tomatoes. Roast for a further 30 minutes.
3. Place the sausages on a tray under the grill for 15-20 minutes turning occasionally. Once cooked slice into small chunks.
4. Once the tomato mix is cooked, season with salt and pepper to taste and mix with the sausage chunks. Make 8 wells in the tomato mix and crack in the eggs into each well. Place back in the oven for 10 minutes until the eggs are cooked.
5. Toast the wholemeal bread, slice into triangles, and serve with the shakshuka.

### Lunch: Roasted Butternut Squash Soup

#### Ingredients:

1kg frozen butternut squash chunks / 70g frozen onion, diced / 4 garlic cloves, finely chopped / 1 stock cube / 650ml water / 1 tbsp butter or olive oil / 1 tbsp dried rosemary / 4 slices wholemeal toast

#### Method:

1. Preheat the oven to 200C/fan. Place the butternut squash on a baking tray. Drizzle over oil and using hands gently massage into the butternut squash to ensure its coated well. Place in the oven for 30 minutes.
2. Add the finely chopped garlic cloves and dried rosemary to the butternut squash and mix. Place the tray back into the oven for a further 10 minutes.



3. In a frying pan, fry onions with some oil, then take off heat.
4. Make the stock by combining 650ml boiling water with the stock cube.
5. Place in a food processor the roasted butternut squash, onions, stock and 2 large pinches of black pepper. Blend with 1 tbsp butter for a creamy flavour or 1 tbsp olive oil for a healthier option.
6. Serve immediately (or heat further in a pan if needed). Serve with wholemeal toast.



### Dinner: Onion And Rosemary Plant Sausages With A Mustardy Mash

#### Ingredients:

6 frozen onion and rosemary plant sausages / 800g potato / 45ml milk / 20g butter or olive oil / 1.5 tsp mustard (or more if you prefer a stronger flavour) / 320g frozen broccoli / 320g frozen sweetcorn / Gravy granules (optional)

#### Method:

1. Preheat the oven to 180C/fan.
2. Chop the potatoes into quarters. Place into a saucepan of boiling water and cook for 20 minutes.
3. Whilst the potatoes are cooking, place the plant sausages onto a baking tray and cook in the oven for 16 minutes.
4. Check the potatoes are cooked with a knife before draining. Once the potatoes are cooked, drain and mash with butter for a creamier flavour, or olive oil for a healthier option, milk, salt and pepper and 1.5 tsp mustard. Taste and add more mustard if you like more of a kick.
5. Steam or microwave 320g broccoli and sweetcorn.
6. Slice the cooked sausages and serve with the mash and cooked broccoli and sweetcorn. Optional: add gravy.

