

Meal Prepping

Meal Planning

Weekly Planning

Standard Supplies

Cupboard

Freezer

Batch Cooking

Freezing

Meal Prepping

Simple Meals - no waste, very little planning

The following meals are some I used to feed my kids on. We had a very limited budget and not a lot of time. Put a tick against those you and your family like to eat: Add anything extra.

Meal	We like
Sausages Mashed potato and baked beans	
Bacon and egg with onions, turnip and potatoes	
Fish Fingers, chips and peas	
Pizza, tinned tomatoes and peas	
Spaghetti Bolognese	
Faux Lasagne	
Chicken Goujons with potatoes and carrots	
Roast Chicken with broccoli and potatoes	
Curry with naan bread	
Casserole with mashed potato	
Meat balls with chips or pasta	
Soup and sandwiches	
Tortilla Wrap with shredded chicken and salad	
Pitta bread with ham and cheese	
Oven baked breaded or battered fish, chips, peas	
Baked potatoes with ham, tuna or bacon and salad	
Champ and fried egg	
Minced steak with mash and carrots	

Meal Prepping

Meal	Need
Sausages	Sausages, potatoes baked beans
Bacon	Bacon eggs, turnip, onions, potatoes
Fish Fingers	Frozen fish fingers, frozen chips, frozen peas
Pizza	Frozen pizza, tinned tomatoes, frozen peas
Spaghetti bolognese	Minced steak, onions, carrots, chopped tomatoes, spaghetti
Faux lasagne	Minced steak, onions, carrots, chopped tomatoes, pasta, milk, cornflour, grated cheese, butter
Chicken goujons	3 chicken breasts, cornflour, carrots, potatoes
Roast Chicken	Roasting Chicken, broccoli, potatoes. Keep any left over meat. Put carcass in slow cooker to make stock
Curry	Left over chicken, mushrooms, red pepper, curry sauce, naan bread
Casserole	Stewing steak, onion, carrots, potatoes
Meat balls	Minced steak, onion, garlic, basil, minced or shredded carrot, almond butter (optional). Bake in oven OR fry gently in pan. Good for making extras to freeze
Soup and sandwiches	Use stock from slow cooker. Carrot soup or vegetable soup. Serve with boiled potatoes or sandwiches.
Tortilla Wrap	Wraps, shredded chicken, salad stuff
Pitta bread	Pitta bread, sliced ham, sliced cheese
Baked fish	Frozen breaded fish, frozen chips, frozen peas
Baked potatoes	Baking potatoes, grated cheese, butter, tuna or grilled bacon or ham and salad
Champ	Mashed potatoes, butter, scallions (spring onions) eggs
Minced steak	Minced steak, onion, gravy, potatoes, carrots

Meal Prepping

Weekly Meal Plan

Day	Planned Meal	Need to get
Monday		
Tuesday		
Wednesday		
Thursday		
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