

DINNER 1 · MONDAY DINNER

Bean chilli with rice and cheese

A store-cupboard one-pot that uses up half a tin of baked beans, with cheese on top for extra energy and protein.

SERVES 2

TIME 30 minutes

EQUIPMENT
Saucepan with lid, hob

PER PERSON
687 kcal
25g protein

Ingredients

- 1 × 400g tin red kidney beans, drained and rinsed
- ½ × 400g tin baked beans (keep the rest covered in the fridge for tomorrow)
- ½ × 400g tin chopped tomatoes
- 1 onion, chopped
- 1 small carrot, grated
- 80g (2 handfuls) frozen mixed vegetables
- 150g long grain rice
- 30g mature cheddar, grated
- 1 tbsp vegetable oil*
- 1 tsp paprika and 1 tsp mild chilli powder*
- ½ tsp ground cumin (optional) and ½ tsp garlic granules*
- ½ vegetable stock cube, made up with 150ml boiling water*
- Salt and pepper*

** Store-cupboard basic (not included in the costed shop)*

Method

1. Put the rice on to cook following the pack instructions.
2. Heat the oil in a saucepan over a medium heat. Add the onion and carrot and cook for 5 minutes until soft.
3. Stir in the paprika, chilli powder, cumin and garlic granules and cook for 1 minute.
4. Add the kidney beans, baked beans, chopped tomatoes, frozen vegetables and stock.
5. Bring to the boil, then cover and simmer for 15 minutes, stirring now and then, until thick.
6. Season to taste. Serve the chilli over the rice, with the grated cheese sprinkled on top.

Swaps

Vegan: leave out the cheese or use a plant-based alternative; check the stock cube is vegan.
Milder: leave out the chilli powder and use extra paprika.
Beans: use mixed beans or black beans instead of kidney beans.

Nutrition per person

687 kcal · 25g protein

Fortification tip

Grated cheese on top adds energy and protein without making the portion bigger.

A spoon of Greek yoghurt works well too.

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DINNER 2 · TUESDAY DINNER, LEFTOVERS WEDNESDAY LUNCH

Red lentil and vegetable daal with rice

A gently spiced South Asian classic. Cook once and eat twice: this makes 4 portions, for dinner tonight and lunch tomorrow.

SERVES 4 (2 dinners and 2 lunches)

TIME 30 minutes

EQUIPMENT Saucepan with lid, hob

PER PERSON 675 kcal 25g protein

Food safety for storing & reheating food: *The FSA and FFS suggests to cool leftovers within 1 hour, refrigerate and eat within 24 hours. Reheat only once, until steaming hot all the way through.*

Ingredients

- 240g red lentils, rinsed
- 1 × 400g tin chopped tomatoes
- 2 onions, chopped
- 2 medium carrots, grated or finely diced
- 200g frozen mixed vegetables
- 300g long grain rice (150g today, 150g tomorrow)
- 120g Greek-style yoghurt (full fat), to serve
- 2 tbsp vegetable oil*
- 1 tbsp mild curry powder*
- 1 tsp ground cumin (optional) and 1 tsp garlic granules*
- 1 vegetable stock cube, made up with 750ml boiling water*
- Salt and pepper*

** Store-cupboard basic (not included in the costed shop)*

Method

1. Heat the oil in a large saucepan over a medium heat. Add the onions and carrots and cook for 5 minutes until soft.
2. Stir in the curry powder, cumin and garlic granules and cook for 1 minute.
3. Add the lentils, chopped tomatoes and stock. Bring to the boil, then cover and simmer for 20 minutes, stirring often, until the lentils are soft. Add a splash of water if it gets too thick.
4. Meanwhile, cook the rice following the pack instructions.
5. Stir the frozen vegetables into the dal for the last 5 minutes. Season to taste.
6. Serve half now, each portion with rice and a spoon of yoghurt. Cool the other half quickly for tomorrow.

Swaps

Vegan: swap the yoghurt for a fortified soya yoghurt.
Lentils: tinned lentils cook in half the time.
Rice: use brown rice for extra fibre, or serve with chapati or toast.

Nutrition per person

675 kcal · 25g protein

Fortification tip

Stir a knob of buttery spread into the daal just before serving for extra energy.

The yoghurt adds protein and calcium.

DINNER 2 · TUESDAY

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DINNER 3 · WEDNESDAY DINNER

Jacket potato with cheesy beans and vegetables

The lowest-effort hot meal in the plan: ready in 10 minutes in the microwave.

SERVES 2

EQUIPMENT
Microwave or oven, small saucepan or microwaveable bowl

TIME 10 minutes (microwave) or 60 – 75 minutes (oven)

PER PERSON
578 kcal
24g protein

Ingredients

- 2 large potatoes (about 300g each)
- 1 × 400g tin baked beans
- 50g mature cheddar, grated
- 20g buttery spread
- 120g frozen mixed vegetables

** Store-cupboard basic (not included in the costed shop)*

Method

1. Wash the potatoes and prick them all over with a fork.
2. Microwave: cook on high for 8 – 10 minutes, turning halfway, until soft in the middle. Oven: bake at 200°C (180°C fan, gas 6) for 60 – 75 minutes.
3. Meanwhile, heat the baked beans in a saucepan or microwaveable bowl until piping hot.
4. Cook the frozen vegetables following the pack instructions.
5. Cut the potatoes open and add the buttery spread. Spoon over the beans, top with the cheese and serve with the vegetables.

Swaps

Vegan: use a plant-based spread and leave out / swap the cheese.
Potato: sweet potatoes work in the same way and add vitamin A.
Topping: swap the beans for tinned tuna or mackerel for a change.

Nutrition per person

578 kcal · 24g protein

Fortification tip

Mash the buttery spread into the potato before adding the beans so every mouthful is fortified.

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DINNER 4 · FRIDAY DINNER

Jollof-style tomato rice with vegetables and egg

A one-pot West African favourite, packed with vegetables and topped with a boiled egg for protein.

SERVES 2

TIME 35 minutes

EQUIPMENT
Saucepan with lid, hob

PER PERSON
524 kcal
16g protein

Ingredients

- 150g long grain rice, rinsed
- ½ × 400g tin chopped tomatoes
- 1 onion, finely chopped
- 2 medium carrots, grated or finely diced
- 80g frozen mixed vegetables
- 2 eggs
- 1 tbsp vegetable oil*
- 1 tsp paprika and a pinch of mild chilli powder*
- ½ tsp garlic granules and ½ tsp dried mixed herbs*
- ½ vegetable stock cube, made up with 350ml boiling water*
- Salt and pepper*

** Store-cupboard basic (not included in the costed shop)*

Method

1. Heat the oil in a saucepan over a medium heat. Add the onion and carrots and cook for 5 minutes until soft.
2. Stir in the paprika, chilli powder, garlic granules and herbs, then add the chopped tomatoes and cook for 3 minutes.
3. Stir in the rice and stock. Bring to the boil, then cover and simmer gently for 15 – 20 minutes until the rice is cooked and the liquid is absorbed. Stir in the frozen vegetables for the last 5 minutes.
4. Meanwhile, boil the eggs for 9 – 10 minutes until the yolks are fully set. Cool in cold water, then peel and halve.
5. Season the rice and serve topped with the eggs.

Swaps

Vegan: leave out the eggs and stir in a tin of drained beans or chickpeas.
Protein: add leftover cooked chicken or tinned fish instead of eggs.
Heat: add more chilli if you like it spicier.

Nutrition per person

524 kcal · 16g protein

Fortification tip

Stir a knob of buttery spread through the rice before serving, or add a second egg on hungrier days.

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DINNER 5 · SUNDAY DINNER

Sausages with cheesy mash, onion gravy and carrots

A British classic made more nourishing with fortified mash.

SERVES 2

TIME 30 minutes

EQUIPMENT
Oven or grill, 2 saucepans, frying pan or small pan, baking tray

PER PERSON
756 kcal
26g protein

Ingredients

- 4 pork sausages (from the freezer, defrosted in the fridge overnight)
- 500g potatoes, peeled and chopped
- 240g carrots, sliced
- 1 onion, sliced
- 100ml whole milk
- 20g buttery spread
- 40g mature cheddar, grated
- 1 tsp vegetable oil*
- 4 tbsp gravy granules, made up with 300ml boiling water*
- Salt and pepper*

** Store-cupboard basic (not included in the costed shop)*

Method

1. Heat the oven to 200°C (180°C fan, gas 6). Put the sausages on a baking tray and cook for 20 – 25 minutes, turning halfway, until browned and cooked through with no pink in the middle. You can also grill them.
2. Boil the potatoes for 15 – 20 minutes until soft. Cook the carrots in another pan for 10 – 15 minutes.
3. Meanwhile, heat the oil in a small pan and cook the onion gently for 10 minutes until soft and golden. Make up the gravy and stir in the onion.
4. Drain the potatoes and mash with the milk, buttery spread and cheese until smooth.
5. Serve the sausages with the cheesy mash, carrots and onion gravy.

Swaps

Halal: use halal beef or chicken sausages.
Vegetarian: use vegetarian sausages and check the gravy granules.
Potatoes: use instant mash on low-energy days, made up with milk.

Nutrition per person

524 kcal · 16g protein

Fortification tip

Mashing in milk, spread and cheese turns plain potatoes into one of the most energy-dense parts of the meal.

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LUNCH 1 · THURSDAY LUNCH

Fortified tin of soup with cheese, vegetables and buttered bread

Turn a ready-made soup into a more filling, nourishing lunch in 10 minutes. Easy to take to work.

SERVES 2

TIME 10 minutes

EQUIPMENT
Microwave or saucepan

PER PERSON
462 kcal
19g protein
(594 kcal with a bag of crisps)

Ingredients

- 1 × 400g tin lentil and vegetable soup
- 160g frozen mixed vegetables
- 30g mature cheddar, grated
- 4 slices wholemeal bread
- 30g buttery spread
- 2 × 25g bags of crisps (optional)

** Store-cupboard basic (not included in the costed shop)*

Method

1. Pour the soup into a saucepan or microwaveable bowl and stir in the frozen vegetables.
2. Heat on the hob for 5 – 6 minutes, or in the microwave for 3 – 4 minutes, stirring halfway, until piping hot.
3. Stir in the grated cheese until melted.
4. Serve with the bread and buttery spread, and a bag of crisps on the side if you like.

Swaps

Vegan: use a plant-based cheese and spread, and check the soup.
Soup: any tinned soup works; choose a thicker one such as lentil, pea or chicken.
For work: take the soup in a microwaveable pot or keep it hot in a flask.

Fortification tip

Adding grated cheese and vegetables to a tin of soup boosts its energy, protein and vegetable content with no extra cooking skills needed.

Nutrition per person

462 kcal · 19g protein (594 kcal with a bag of crisps)

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LUNCH 2 · SATURDAY LUNCH

Sardines on toast, with rice pudding and fruit

Your oily fish for the week, followed by a no-cook pudding with a portion of fruit.

SERVES 2

TIME 10 minutes

EQUIPMENT
Toaster or grill, microwave (optional)

PER PERSON
529 kcal
31g protein

Ingredients

- 2 × 120g tins sardines in tomato sauce
- 3 slices wholemeal bread
- 15g buttery spread
- ⅔ of a 400g tin rice pudding or custard
- 160g tinned fruit in juice (about ⅓ of a tin), drained

** Store-cupboard basic (not included in the costed shop)*

Method

1. Toast the bread and spread with the buttery spread. Cut the third slice in half.
2. Warm the sardines in a small pan or the microwave if you like, or serve them cold.
3. Spoon the sardines and sauce over the toast, 1½ slices each.
4. For pudding, warm the rice pudding or custard if you like and serve with the tinned fruit.

Swaps

Fish: use mackerel or pilchards in tomato sauce.
Vegetarian: swap the sardines for beans on toast.
Pudding: any full-fat yoghurt or pudding pot works.

Nutrition per person

529 kcal · 31g protein

Fortification tip

Oily fish such as sardines provides protein, vitamin D and omega-3 fats. Rice pudding and custard are easy, energy-rich puddings when appetite is small.

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SNACK 1 · TUESDAY AND SATURDAY

Banana and peanut butter milkshake

A nourishing drink for days when eating feels hard. No blender needed.

SERVES 2

TIME 5 minutes

EQUIPMENT
Jug and fork or whisk (blender optional)

PER PERSON
393 kcal
16g protein

Ingredients

- 400ml whole milk
- 100ml evaporated milk
- 2 ripe bananas
- 2 tbsp (30g) peanut butter

Method

1. Mash the bananas in a jug with a fork until very smooth (or put everything in a blender).
2. Add the peanut butter and mash it in well.
3. Pour in the whole milk and evaporated milk and whisk until smooth.
4. Pour into 2 glasses and drink straight away.

Swaps

Nut allergy: leave out the peanut butter and add 2 tbsp porridge oats instead.
Plant-based: use fortified soya milk.
Flavour: add a pinch of cinnamon or a spoon of drinking chocolate.

Fortification tip

Evaporated milk adds extra energy and protein to milky drinks without adding volume.

Nutrition per person

393 kcal · 16g protein

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SNACK 2 · 5 EVENINGS A WEEK

Fortified hot chocolate

A comforting evening drink that's easy to fortify.

SERVES 2

TIME 5 minutes

EQUIPMENT
Saucepan or microwaveable mugs

PER PERSON
221 kcal
9g protein

Ingredients

- 360ml whole milk
- 50ml evaporated milk
- 6 heaped tsp (36g) drinking chocolate powder

Method

1. Mix the drinking chocolate with a splash of the milk to make a smooth paste.
2. Heat the rest of the whole milk and the evaporated milk in a saucepan until hot but not boiling, or in mugs in the microwave for 1½ – 2 minutes.
3. Stir in the chocolate paste until smooth and serve.

Swaps

Plant-based: use fortified soya milk.
Flavour: swap the drinking chocolate for malted milk drink powder.

Nutrition per person

221 kcal · 9g protein

Fortification tip

Making milky drinks with all milk and a splash of evaporated milk, instead of water, is one of the easiest ways to fortify your day.

SNACK 2 · 5 EVENINGS A WEEK