



Positive Health in Action  
across Aberdeenshire

# Three-day meal planning



Aberdeenshire  
Health & Social  
Care Partnership



### **Microwave cooking**

A microwave is a useful kitchen tool, great for re-heating and cooking ready-made meals in minutes. Microwaved food can be healthier as little or no water or fat is used in this method of cookery. Foods are cooked quickly enabling foods to retain more vitamins, and fat content can be reduced or eliminated. To maintain maximum nutritional content of vegetables, cook in very little water for a short period of time, this method is as good as or better than steaming.

Containers should be non-porous, free from metal, must not warp or melt and allow the microwave energy to be transmitted to the food. Round or oval containers are generally more suitable as corners tend to overheat and the food dries out before it is evenly cooked. Coverings such as cling film can be used where there is a need to retain moisture.

Food should be stirred intermittently to assist even cooking and heating. Some foods may require a resting time at the end of the cooking process to complete cooking. Foods, which have a skin or membrane, should be pricked to allow the build up of steam to escape; if this is not done then the food may burst or explode. Examples of such foods include eggs, potatoes in their skins, tomatoes, apples, kidney and liver.

For further advice always refer to manufacturer's handbook. Familiarise yourself with the wattage of your microwave as cooking times will vary according to the power of your oven.

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## **Three-day Meal Plan - Day 1**

### **Breakfast – Scrambled eggs**

#### **Ingredients**

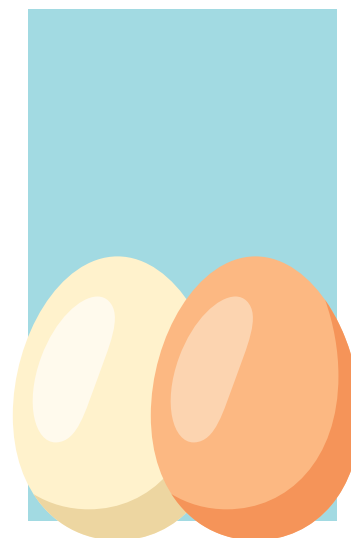
- 2 Eggs (beaten)
- 1 Tablsp Semi Skimmed Milk
- 1 Teaspoon Sunflower Margarine
- Pinch of Black Pepper
- 1 Tomato (washed and halved)
- 1 Slices of Wholemeal Bread (toasted)

#### **Method**

1. Place eggs, milk, margarine and black pepper in a microwavable jug or bowl.
2. Heat on HIGH one minute at a time, removing from microwave to stir in between.
3. Cook until eggs begin to thicken and set. 4. Serve immediately with tomatoes and toast.

#### **Considerations**

- Use gluten free bread for a gluten free alternative
- Swap tomatoes for other vegetables such as mushrooms or onions.
- \*Timings may vary according to wattage of microwave.



## Lunch – Jacket Potatoes

### Ingredients

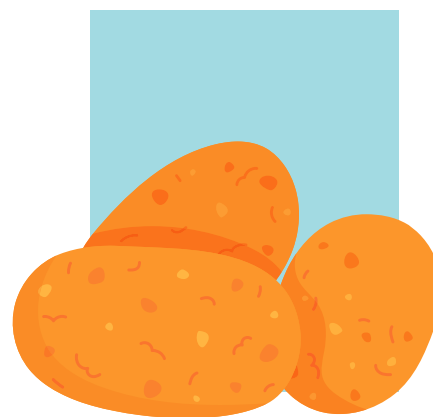
- 1 large jacket potato
- Fillings e.g. cheese, tuna mayonnaise, baked beans Etc.

### Method

1. With a sharp knife cut a shallow cross on the large side of the potato.
2. Wrap in kitchen paper.
3. Place in microwave on HIGH for approximately 10 minutes; test for readiness if too hard put back in the microwave for a further 3 minutes at a time.

### Considerations

- Any fillings can be used.
- Great served with salad.
- \*Timings may vary according to wattage of microwave.



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## Supper – Honey breast of chicken on rice

### Ingredients

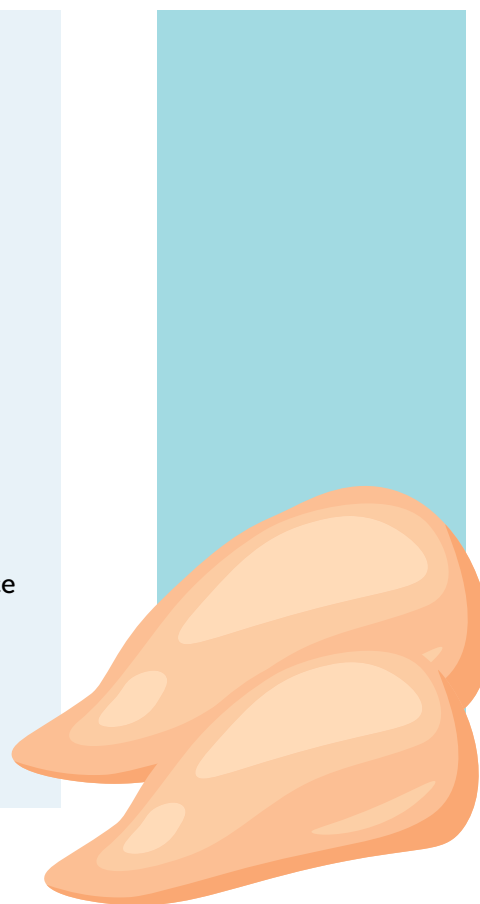
- 1/2 Onion (peeled and chopped)
- 1 Lean Rashers of Bacon (trimmed of fat and chopped)
- 50g Long Grain Rice
- 125ml Boiling Water with 1 Chicken Stock Cube
- Pinch of Black Pepper
- 80g Chicken Breast
- 1/2 Orange (finely grated rind and juice)
- 1 Teasp Dark Clear Honey
- 1 Teasp Paprika
- 1 x 50g Sugarsnap Peas (cooked)

### Method

1. Place onion, bacon, rice, stock and pepper in a deep dish, heat uncovered, on HIGH for 1 minute.
2. Arrange the chicken on top of the rice.
3. Mix together the orange rind, juice, honey and paprika.
4. Spoon half over the chicken. Cover with cling film and slit it twice to allow steam to escape.
5. Cook on HIGH for 9 minutes.
6. Baste the chicken with the remaining honey mixture. Cook uncovered on HIGH for 5 minutes.
7. Allow the mixture to stand for 3 minutes.
8. Serve with cooked sugarsnap peas.

### Considerations

- This recipe can also be prepared in an oven or on a hob – if cooking on a hob cook rice and chicken mixture separately.
- For a cheaper recipe use frozen onions and frozen or tinned peas.
- Alternatively serve with seasonal vegetables or salad.
- \*Timings may vary depending on wattage of microwave



# Three-day Meal Plan - Day 2

## Breakfast - Frittata

### Ingredients

- 3 eggs
- 25g cheese
- Splash of milk
- Filling ingredients if available e.g. Sweetcorn, peas, peppers, mushrooms, spring onion etc.

### Method

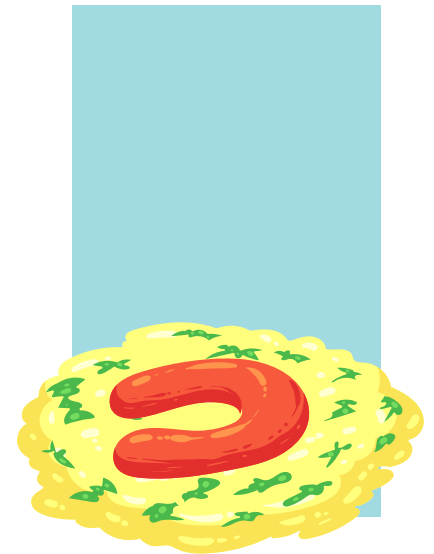
1. Preheat oven at 200c.
2. Line or grease oven proof 9-inch dish
3. In a bowl whisk eggs, milk and cheese
4. Add and mix in any filling ingredients
5. Pour into dish and bake for 25 minutes or until golden and puffy. Centre should be firm and springy.

### Alternative Method

1. Place butter in a microwave-safe 9-inch oven proof dish. Cover and microwave on high for 20-30 seconds or until melted.
2. Add filling ingredients.
3. In a bowl whisk eggs, milk and cheese.
4. Cover and cook on high for 1 minute. Stir in eggs mixture.
5. Cover and cook on high for 1-2 minutes or until a knife inserted in the center comes out clean.
6. Let stand for 3 minutes or until completely set.

### Considerations

- For microwave cooking – ensure any filling meats is fully cooked before adding to mixture.
- For a cheaper alternative use tinned or frozen vegetables.



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## Lunch – Carbonara

### Ingredients

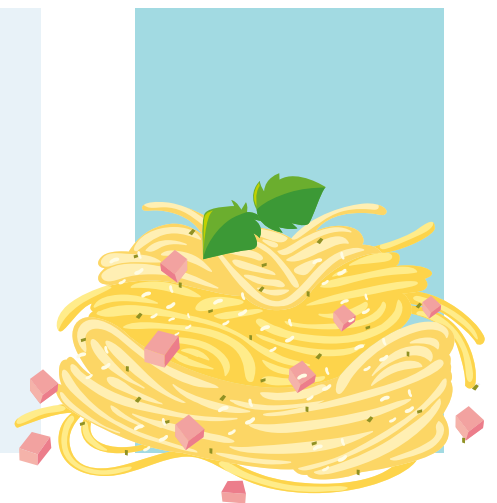
- 90g Pasta
- 1 tin of ham
- 1 egg
- 50g cheese (grated)

### Method

1. Mix eggs in bowl with grated cheese and set aside.
2. Cook pasta as per instructions
3. Heat oil in pan and fry ham
4. Add pasta and mix well.
5. Take off heat and pour egg mix into pasta slowly. Mix well until creamy.

### Considerations

- Cooked cubed ham can also be used.
- For variety swap tin of ham for 90g cooked chicken



## Supper – Lentil Soup

### Ingredients

- 1 Litre Boiling Water with 1 Vegetable Stock Cube
- 100g Red or Yellow Lentils (washed)
- 1 Small Leek (washed and chopped)
- 2 Carrots (peeled and grated or chopped)
- 1 Small Turnip (peeled and grated or chopped)
- 1 Onion (peeled and chopped)
- Pinch of Black Pepper

### Method

1. Place all ingredients in a large saucepan and simmer for 40 minutes.
2. Season with black pepper, add more water if soup is too thick and serve.

### Considerations

- This recipe can also be prepared in an oven or on a hob – if cooking on a hob cook rice and chicken mixture separately.
- For a cheaper recipe use frozen onions and frozen or tinned peas.
- Alternatively serve with seasonal vegetables or salad.
- \*Timings may vary depending on wattage of microwave

Try lentil and tomato soup for variety, simply add a tin of chopped tomatoes and a teaspoon of paprika at Stage 1

Serve with wholemeal bread or oatcakes

Soups are an ideal way of using up seasonal fresh vegetables that you've had for a few days, and experimenting with a combination of vegetables. Alternatively left-over cooked, tinned or frozen vegetables can be used.

Store for 2 days in fridge or freezer for 1 month.

### Day 2

Store cupboard / freezer ingredients form the basis for many standard recipes. Take advantage of special offers in the supermarket to build your stock gradually - you will find this is an economical way to manage your household budget.

### Basic Foods:

#### Store Cupboard –

Breakfast cereals  
Dried pasta or rice  
Dried spices, herbs, salt and pepper  
Stock cubes  
Cooking oil  
Flour  
Sugar  
Dried milk powder/UHT Milk  
Canned fruit – peaches, mandarins etc.

Canned vegetables – tomatoes, sweetcorn etc.

Canned fish – tuna, sardines in brine or spring water

Canned beans

Jam, honey, peanut butter

Packet or tinned soup

Pasta or curry sauces

Garlic and onions

#### Freezer-

Frozen vegetables, sweetcorn, beans

#### Fridge –

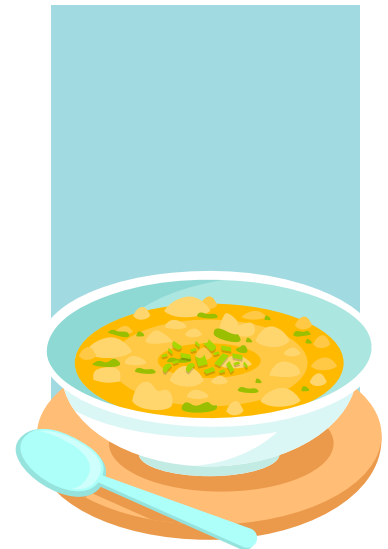
Margarine

Cheese

Milk

Eggs

Bread



# Three-day Meal Plan - Day 3

## Breakfast - Porridge

### Ingredients

- 1 Teasp Honey (optional)
- 125ml Water
- 50g Porridge Oats

### Method

1. Combine ingredients and heat on HIGH for one minute at a time.
2. Stir and repeat heating till mixture thickens.
3. Serve hot.

### Considerations

- For gluten free option use gluten free porridge oats.
- For variety add or top with fresh seasonal, frozen or dried fruit.
- Semi skimmed milk can be used instead of water.



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## Lunch – Pitta bread pizzas

### Ingredients

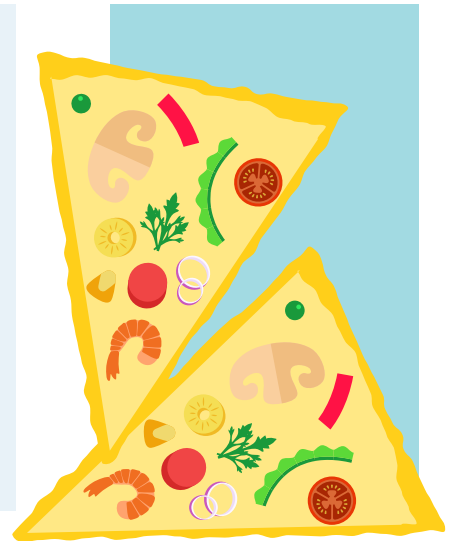
- 1 Pitta Breads
- 1 Tomato (washed and chopped)
- ½ Onion (peeled and chopped)
- 1 Slice of Ham (chopped)
- ½ Teasp Mixed Herbs
- 15g Mature Cheddar (grated)

### Method

1. Pre-heat grill.
2. Top pitta bread with tomato.
3. Add onion and ham.
4. Sprinkle with herbs and grated cheese.
5. Grill until cheese is melted.
6. Serve

### Considerations

- Serve with salad
- Experiment with different toppings e.g. sweetcorn, pineapple, peppers, pepperoni etc.



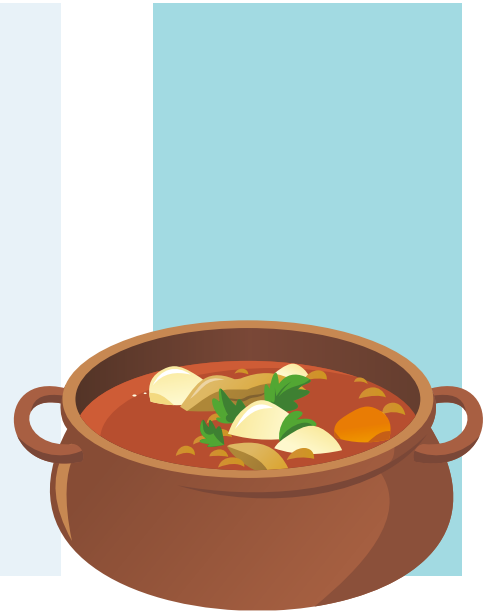
## Supper – Quick chicken casserole

### Ingredients

- 1/2 Teasp Sunflower Oil
- 90g Chicken Thighs or Breasts (skinned)
- 1/2 Onion (peeled and chopped)
- 1 Clove of Garlic (peeled and chopped)
- 1/2 Red Pepper (washed, de-seeded and diced)
- 1/2 Teasp Paprika Powder
- 70ml Boiling Water with 1 Chicken Stock Cube
- 1 Tablsp Tomato Puree
- Pinch of Black Pepper

### Method

1. Heat the oil in a large frying pan brown the chicken.
2. Add remaining ingredients and simmer for 15 – 20 minutes or until chicken is cooked through.
3. Season with black pepper
4. Serve



### Considerations

- Great served with a side of boiled potatoes, boiled rice or pasta and seasonal vegetables.

## Kitchen Safety

- Clean as you go
- Wash fruit and vegetables before preparing or eating
- Wash tea towels, dish cloths and hand towels regularly
- Empty the bin regularly

## Food Safety

- Always defrost meat or poultry completely before beginning to cook, preferably on the bottom shelf of the fridge
- Once thawed, never re-freeze unless you cook it first
- Cook meat and poultry thoroughly
- After food is cooked, cool quickly and refrigerate for no longer than 1-2 days
- If re-heating previously cooked food, make sure it is piping hot throughout
- Cooked rice is very high risk – avoid reheating
- **Never reheat previously cooked food more than once**



# 3 Day Costings

## Meat

- 1 Lean Rashers of Bacon (trimmed of fat and chopped) - 300g pack £2.25
- 80g Chicken Breast - 250g pack £2.00
- 90g Chicken Thighs or Breasts (skinned)

**Total : £4.25**

## Vegetable/Fruit

- 2 Tomato - Vine ripened tomatoes £1.25
- 1 large jacket potato - 4 pack large baking potato £0.70
- 3 onions - 3 pack onions £1.00
- ½ orange - 5 pack oranges £0.89
- 50g Sugarsnap Peas - 160g sugarsnap peas £1.00
- 1 small leek - 1 leek £0.70
- 2 carrots - 500g carrots £0.35
- 1 small turnip - 1 turnip £0.62
- 1 Clove of Garlic (peeled and chopped) - 1 bulb garlic £0.39
- Red pepper - 1 red pepper £0.59
- Mushrooms (optional) - 250g mushrooms £0.75

**Total : £8.34**

## Dairy

- Semi Skimmed Milk - 1 pint milk £0.90
- 1 Teaspoon Sunflower Margarine - Flora Buttery £1.00
- 6 Eggs - 6 pack medium eggs £1.50
- 115g Cheese - 400g Mature white cheese £2.49

**Total : £5.89**

## Perishables

- 1 Slices of Wholemeal Bread (toasted) - 800g essentials wholemeal bread £0.45
- Pitta breads - 6 pack pitta breads £0.50

**Total : £0.95**

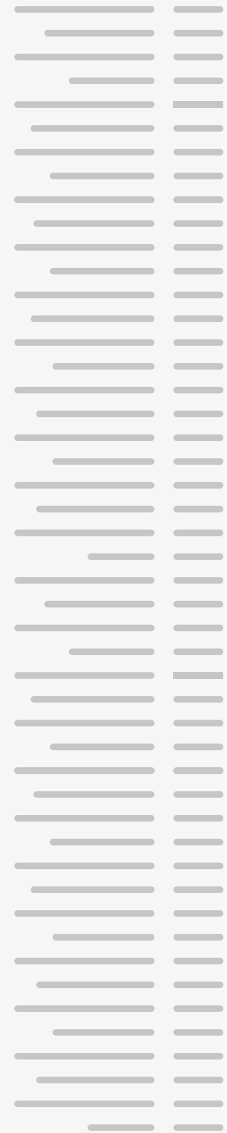
## Store Cupboard

- Pinch of Black Pepper - 25g black pepper £0.90
- 50g Long Grain Rice - Just essential long grain rice £0.52
- 2 Chicken Stock Cube - Chicken stock cube £0.65
- Dark Clear Honey - Classic honey £1.47
- Paprika - Paprika £1.00
- Tin sweetcorn - Tin sweetcorn £0.50
- Tin peas - Tin peas £0.28
- 90g pasta - Pasta shapes £0.41
- Tin ham - Tin lean ham £1.50
- 1 vegetable stock cube - Vegetable stock £0.65
- Red or yellow lentils - Red lentils £1.90
- Porridge oats - Porridge Oats £0.90
- Mixed herbs - Mixed herbs £0.48
- Sunflower oil - Sunflower oil spray £1.46
- Tomato puree - Tomato puree £0.65
- Sliced ham - 125g Sliced ham £0.90
- Tin of tuna (optional) - Tuna in water £0.82
- Baked Beans (optional) - Baked beans £0.27

**Total : £11.38**



## RECEIPT

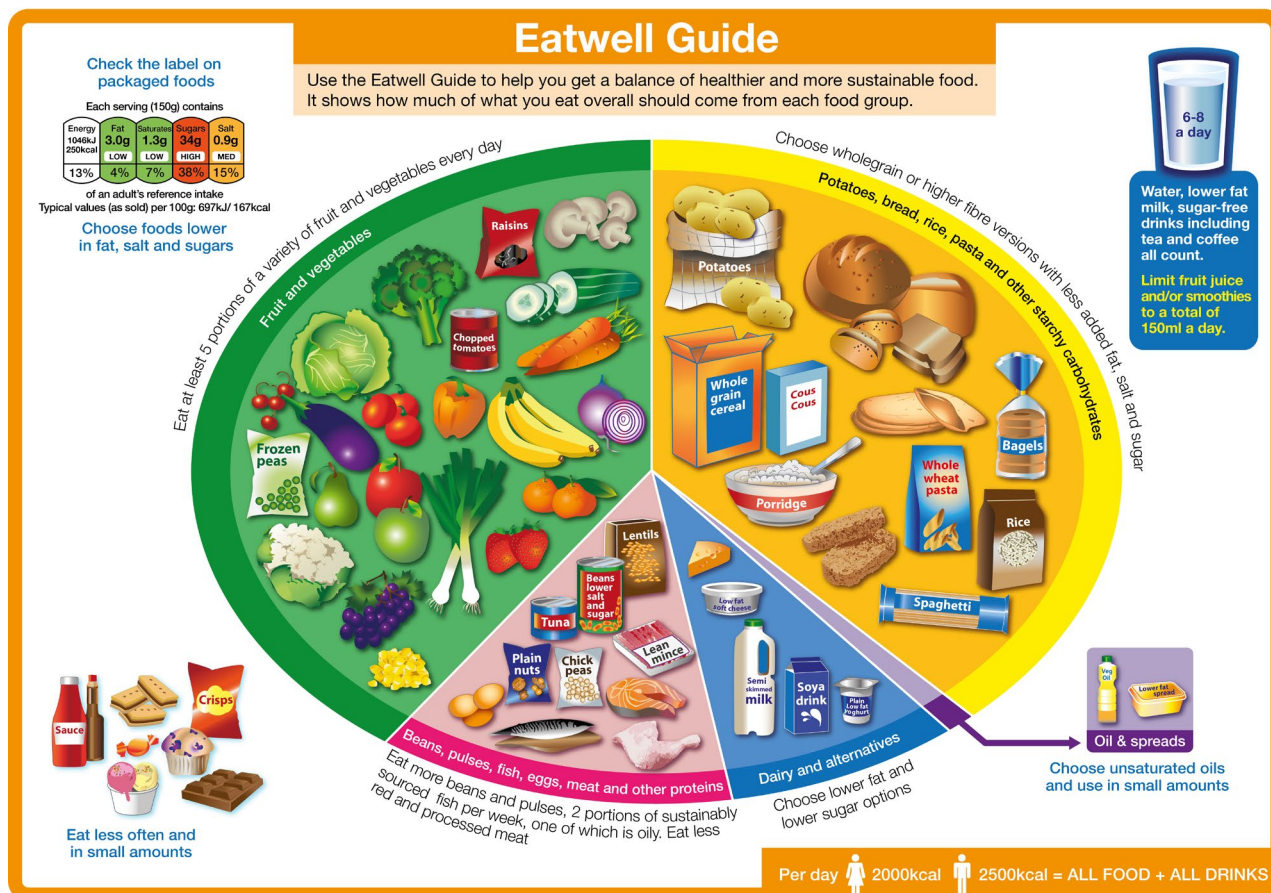


**TOTAL** \_\_\_\_\_



For more easy to follow affordable recipes go to - <https://www.confidence2cook.co.uk/>

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Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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### Key information

The Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other protein (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

The Eatwell Guide applies to most people regardless of weight, dietary restrictions / preferences or ethnic origin.

However, it doesn't apply to children under 2 because they have different nutritional needs. (see Ages and stages Section for more information) Between the ages of 2 and 5, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the Eatwell Guide. Anyone with special dietary requirements or medical needs might want to check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

## Handy Websites



Aberdeenshire Council –  
Cost of Living  
[www.aberdeenshire.gov.uk/  
communities-and-events/  
cost-of-living/](http://www.aberdeenshire.gov.uk/communities-and-events/cost-of-living/)



Love food, Hate waste  
[www.lovefoodhatewaste.com/](http://www.lovefoodhatewaste.com/)



Home Energy Scotland  
[www.homeenergyscotland.org/](http://www.homeenergyscotland.org/)



NHS Inform  
[https://www.nhsinform.scot/  
healthy-living/](https://www.nhsinform.scot/healthy-living/)



Confidence to cook recipes  
[www.confidence2cook.co.uk/  
recipes](http://www.confidence2cook.co.uk/recipes)

### Shopping incentives:

Asda Rewards App  
Morrisons More App  
Lidl's Plus (Bakery Happy Hour every day)  
Tesco Clubcard  
Coop Card  
Nectar Card (Sainsbury's & Argos)  
Too good to go App

### Free products:

Pickupmyperiod App

## Support available

### Support for Families

Home-Start:  
office@home-  
startnea.org.uk  
01346 532007

### Home Items

Stella's Voice:  
europe@stellasvoice.org  
0300 303 2520

Buchan Giving Tree:  
Phone/text/WhatsApp  
07510 647 217

### Housing

Aberdeenshire  
Council Housing  
Contact Centre:  
03456 08 12 03

### Welfare/Benefits/Claims

Welfare Rights Adviser:  
01467 538555

### Affordable Fuel Costs

Home Energy Scotland:  
www.homeenergy  
scotland.org.uk  
0800 808 2282

Citizen Advice Bureau:  
01779 471515

Department for Work and  
Pension:

0800 328 5644

### Emotional Wellbeing

Shirley's Space:  
shirleysspace@hotmail.com  
07940 959 002

Aberdeen Foyer:  
07980 650 946

Aberdeen Foyer:  
www.aberdeenfoyer.com  
07467 919 781

**Adult Learning**  
Community Learning and  
Development Service:  
01467 537 577

Men United:  
hello@menunited.scot  
www.menunited.scot



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