



Meal Prep Menu

Meat Dishes

Beef Bourguignon – rich beef stew with cauliflower purée

Beef Stew – slow-cooked tender beef in a savoury broth

Beef Stroganoff – creamy beef with mushrooms (optional)

Beef Lasagne – layered with rich Bolognese sauce and béchamel

Cottage Pie – traditional, with beef and creamy mashed potatoes

Chicken Broccoli Pie – flaky pastry with chicken and broccoli in a creamy sauce

Stuffed Peppers – with beef, rice and Mediterranean spices

Lamb Kofta Kebabs – served with a yoghurt dipping sauce

Butter Chicken Curry – rich, creamy and flavourful

Chickpea Curry – a vegetarian option in a spiced curry sauce

Homemade Meatballs with Pasta – served with tomato sauce

Tuscan Sausage Pasta

Snacks & Small Bites

Hummus & Babaganoush – served with fresh veggie sticks or flatbread

Chia Oats Bircher – overnight oats with granola, peanut butter, berries and chia jam

Loaded Breakfast Burrito – with avocado, potato hash and eggs

Banana Overnight Oats – sweet oats with banana and toffee

Energy Bar – banana and oatmeal, packed with energy and nutrients

Potato Hash – savoury, spiced and crispy potato

5-Seed Energy Bars

Vegetarian, Fish & Pescatarian

Fish Pie – cream-based, with fresh white fish, peas and potatoes

Katsu Curry – made with fish or prawns

Yellow Thai Curry – with prawns and salmon

Aubergine Parmigiana – classic baked aubergine with tomato sauce and cheese

Spiced Couscous Salad – with Mediterranean vegetables

Cypriot Grain Salad – quinoa, red onion, peppers, pumpkin seeds and pine nuts

Middle Eastern Style Rice – with spinach

Broccoli, Feta, Pine Nut & Mustard Salad – a light and fresh side

Sautéed Asparagus – with lemon and olive oil

Grilled Salmon with Lemon-Dill Sauce – with a side of quinoa and roasted vegetables

Seafood Paella – Spanish-inspired rice with shrimp, mussels, clams and fish in a saffron broth

Seafood Chowder – a hearty stew of seafood, potatoes, celery, carrots and onions in a creamy broth

Coconut Fish Curry – white fish in a rich coconut base with turmeric, coriander and cumin

Seafood Linguine – linguine in a clam sauce with garlic, white wine and parsley