



- These recipes are for 4 people.
- Quantities are included in the meal plan but not the shopping list. The reason for this is that Ocado won't search for a quantity. Instead cut and paste the list into the search and select the quantity you need. (You only need to do this once, then you can save your list for future)

The Hairy Dieters List 2		
Meal	List	Recipe
Peppered Steak with Mushrooms Salad	2 lean rump steaks 2 tbsp black peppercorns 1 tsp flaked sea salt 2 tbsp sunflower oil 4 large tomatoes 150g chestnut mushrooms ½ beef stock cube 6 tbsp half-fat creme fraiche	The Hairy Dieters pg 59

	1 tsp dijon mustard White wine (optional) Bag of salad	
Quick Cod and Prawn Gratin	100g frozen cooked peeled prawns 400g thick white fish 150g smoked haddock 400ml semi-skimmed milk 1 bay leaf ½ onion 3 tbsp cornflour 100g frozen peas 2 tbsp white wine 40g dry white breadcrumbs 25g extra-mature cheddar	The Hairy Dieters pg 72
Chicken Jalfrezi	6 long green chillies 4 boneless, skinless chicken breasts 2 tbsp sunflower oil 2 garlic cloves 3 tomatoes 1 tbsp ground cumin 1 tbsp garam masala 1 tsp ground turmeric 1 tbsp caster sugar 2 tbsp low fat natural yogurt 1 onion 1 green pepper 2 tomatoes 2 tsp cornflour	The Hairy Dieters pg 131
Chilli Lemon Tuna and Broccoli Spaghetti	300g tenderstem broccoli 200g dried spaghetti 2 tsp dried chilli flakes	The Hairy Dieters pg 142

	4 tuna steaks 200g cherry tomatoes 2 lemons 1 tsp chilli oil 3 tbsp flat leaf parsley	
Chilli Con Carne	500g lean mince 2 onions 3 garlic cloves 1-2 tsp hot chilli powder 2 tsp ground cumin 2 tsp ground coriander 2 tbsp plain flour 150 ml red wine 1 beef stock cube 400g can chopped tomatoes 400g can kidney beans 3 tbsp tomato puree 1 tsp caster sugar 1 tsp dried oregano 1 bay leaf	The Hairy Dieters pg 151



rump steaks
black peppercorns
flaked sea salt
sunflower oil
tomatoes
chestnut mushrooms
beef stock cube
half-fat creme fraiche
dijon mustard

White wine (optional)
Bag of salad
frozen cooked peeled prawns
white fish
smoked haddock
semi-skimmed milk
frozen peas
white wine
dry white breadcrumbs

extra-mature cheddar
long green chillies
chicken breasts
garlic cloves
ground cumin
garam masala
ground turmeric
caster sugar
low fat natural yogurt

onions
green pepper
cornflour
tenderstem broccoli
dried spaghetti
dried chilli flakes
tuna steaks
cherry tomatoes
lemons
chilli oil
flat leaf parsley
lean mince
onions
garlic cloves
hot chilli powder
ground coriander
plain flour
red wine
beef stock cube
chopped tomatoes
kidney beans
tomato puree
dried oregano
bay leaf