



- 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		
Meal	List	Recipe
Spanish- Style Chicken Bake	1 onion 1 red onion 500g new potatoes 8 garlic cloves 8 tomatoes 75g chorizo 8 boneless, skinless chicken thighs ½ tsp sweet smoked paprika	The Hairy Dieters pg 43

	½ tsp dried oregano 1 green pepper	
Salmon with Chilli Ginger Sauce Rice	2 balls of stem ginger in syrup 3 garlic cloves 3 tbsp dark soy sauce 1 orange ½ long chilli 4 x salmon fillets Rice	The Hairy Dieters pg 48
Cottage Pie (serves 6-8)	400g lean minced beef 2 medium onions 2 celery sticks 2 carrots 400g can chopped tomatoes 2 tbsp tomato puree 1 beef stock cube 1 tbsp worcestershire sauce 1 tsp dried mixed herbs 4 tsp cornflour 750g floury potatoes (King Edwards or Maris Pipers) 2 tsp sunflower oil 2 slender leeks 150g half-fat creme fraiche	The Hairy Dieters pg81
Rich Beef and Ale Casserole (serves 6) Leeks Mashed potatoes	1 tbsp sunflower oil 2 onions 4 tbsp plain flour 2 tsp dried mixed herbs 1 kg lean braising beef 1 bay leaf 500ml dark ale or stout 1 beef stock cube 2 tbsp tomato puree 2 tsp caster sugar	The Hairy Dieters pg 96

	5 carrots 2 parsnips Leeks potatoes	
Easy Crispy Chicken Salad	150g white sliced bread 4 tsp dried oregano 25g parmesan cheese 4 tbsp low-fat natural yogurt 1-2 tbsp plain flour 4 boneless skinless chicken breasts Bag of salad	The Hairy Dieters pg 65



onions
red onion
new potatoes
garlic cloves
tomatoes
chorizo
chicken thighs
sweet smoked paprika
dried oregano
green pepper
stem ginger in syrup
dark soy sauce

orange
chilli
salmon fillets
rice
lean minced beef
celery sticks
carrots
chopped tomatoes
tomato puree
beef stock cube
 Worcestershire sauce
dried mixed herbs
cornflour

floury potatoes (King Edwards or
Maris Pipers)
sunflower oil
leeks
half-fat creme fraiche
plain flour
lean braising beef
bay leaf
dark ale or stout
caster sugar
carrots
parsnips
white sliced bread

dried oregano
parmesan cheese
low-fat natural yogurt
boneless skinless chicken breasts
Bag of salad