

A plan for the week is essential for making a variety of appealing meals, which in turn helps avoid waste and make the weekly shopping last for the week.

The following suggestions are some examples of how one ingredient can be 'stretched' to provide different meal or snack ideas.

Porridge oats

Oat flour:

www.minimlistbaker.com

Pizza base:

www.ifoodral.com

Bread:

www.ot.rte.ie



Beans

Vegetarian burger:

www.lidl-recipes.ie

Bean Casserole:

www.bbcgoodfood.com

Hummus:

www.jamieoliver.com

Tinned Tomatoes

Tomato sauce

www.bbcgoodfood.com

Bananas

Banana bread

www.bbcgoodfood.com

Ice cream

www.bbcgoodfood.com

Pancakes

www.allrecipes.co.uk

Smoothie

www.bbcgoodfood.com

Fakeaways



www.safefood.eu

For the above suggestions, simply look up the website and search chosen meal/snack.

BBC food and Safe food websites have some videos attached to the recipes.

'101 Square Meals' is a cookbook that is freely available to download from www.safefood.eu

