

SAMPLE PLAN · 01 / ONE DAY

One day, made simple

Three easy meals, one shopping list and two portions ready for tomorrow. Family cooking by Chef Laszlo.

BREAKFAST	Yoghurt oat bowls with berries
LUNCH	Mediterranean chickpea pitas with feta
DINNER	Paprika turkey meatballs with tomato sauce and rice
TOMORROW'S LUNCHBOX	2 portions reserved from dinner

Shopping list

Fruit & vegetables

Berries 240 g · tomatoes 300 g · cucumber 250 g · onions approx. 300 g (2 medium) · garlic 3 cloves · lemon 1 · parsley 10 g

Chilled & meat

Plain yoghurt 600 g · feta 160 g · minced turkey 900 g · egg 1

Pantry & bakery

Rolled oats 160 g · pita breads 4 · chickpeas 2 × 400 g cans (approx. 480 g drained) · passata 700 g · dry rice 420 g · breadcrumbs 70 g

Check your pantry

Honey 40 g · olive oil 60 ml total · sweet paprika 12 g · salt and pepper

ORDER YOUR GROCERIES

Prefer delivery? Shop from your list at: [Wolt Market - explore.wolt.com/en/mlt/wolt-market](https://www.wolt.com/en/mlt/wolt-market)

Open the link and add the ingredients from this list to your basket. Availability and prices may vary by location.

01 • BREAKFAST

Yoghurt oat bowls

Serves 4 · 10 minutes · Prepare ahead if you like

Ingredients

600 g plain yoghurt · 160 g rolled oats · 240 g berries · 40 g honey

Method

1. Divide the yoghurt between four bowls or lidded jars.
2. Add 40 g oats and 60 g berries to each portion.
3. Drizzle each with 10 g honey. If preparing the night before, cover and refrigerate; add the berries in the morning.

LASZLO'S TIP

For crunchy oats, sprinkle them on just before serving. Adjust the honey to taste.

02 • LUNCH

Mediterranean chickpea pitas

Serves 4 · 20 minutes · Tastes good cold, too

Ingredients

4 pita breads · 2 × 400 g cans chickpeas (approx. 480 g drained) · 300 g tomatoes · 250 g cucumber · 160 g feta · juice of 1 lemon · 10 g parsley · 30 ml olive oil · salt and pepper

Method

1. Rinse and drain the chickpeas.
 2. Dice the tomatoes and cucumber; finely chop the parsley.
 3. Toss the vegetables and chickpeas with the olive oil and lemon juice. Season, then crumble the feta over the top.
 4. Warm the pitas. Serve the filling separately so everyone can assemble their own lunch.
- Family tip: Keep a little cucumber and feta separate for children who prefer the ingredients unmixed.

03 • DINNER

Paprika turkey meatballs

Tomato sauce & rice · 6 portions: 4 dinners + 2 lunchboxes · about 45 minutes

Ingredients

900 g minced turkey · 420 g dry rice · 2 medium onions (approx. 300 g) · 3 garlic cloves · 700 g passata · 1 egg · 70 g breadcrumbs · 12 g sweet paprika · 30 ml olive oil · salt and pepper

Method

1. Cook the rice according to the packet. Finely chop the onions and garlic while it cooks.
2. Mix the turkey with the egg, breadcrumbs, half the paprika, half the onions, salt and pepper. Shape into about 18 small meatballs.
3. Heat the oil in a large pan. Brown the meatballs in batches, then set aside.
4. Soften the remaining onion and garlic in the same pan. Remove from the heat, stir in the remaining paprika, then add the passata.
5. Return the meatballs to the pan. Cover and simmer for 15–20 minutes until cooked through. Check the seasoning and serve with rice.

TOMORROW'S LUNCHBOXES · 2 PORTIONS

Before serving dinner, divide 6 meatballs and about one-third of the rice between two containers. Cool promptly and refrigerate; reheat thoroughly the next day. Pack only if suitable chilled storage and reheating are available at school.

A simple evening plan

1. Make the full dinner.
2. Set aside the two lunchbox portions before serving.
3. Portion the yoghurt and oats for breakfast; add berries in the morning.

One-day sample · Quantities cover three meals for four people, plus two portions for tomorrow's lunchboxes.