



Recipe Basics

Making quick, nutritious meals means having a few basic recipe items in the cupboard and fridge. Having a small supply of tinned, packet, chilled and frozen items always ready means carers and individuals can make a tempting light meal in minutes.

The checklist can be used as a shopping list and makes checking the cupboards, fridge and freezer easy. Personal preferences or cultural beliefs will mean some items must be substituted but try to keep a good variety of recipe items ready to inspire the cook and the diner!

Checklist

	suggestion	favourite/ substitute	✓
B R E A K F A S T	Milk, pouring yogurt, set yoghurt		
	Instant porridge / Ready Brek		
	Weetabix		
	Bran Flakes		
	Cornflakes		
	Individual cereal packs		
	Bread / croissant/ bagels		
	Fruit loaf		
	Marmalade		
	Jam / Jelly		
	Lemon Curd		
	Honey		
	Butter or spread		
L I G H T M E A L	Bread		
	Eggs		
	Cheese: ready grated cheddar, brie, cottage cheese, cheese spread		
	Tinned fish in oil: tuna, salmon, sardines, mackerel, crab meat.		
	Chilled sliced meats: ham, corned beef, chicken/turkey, beef		
	Potted meat, sandwich spreads		
	Soup: chilled or tinned and a variety of flavours and textures, meat and vegetable		
	Baked beans / spaghetti in sauce/ macaroni cheese		
Sachet of pasta in sauce			
M A I N M E A L	Frozen ready meal		
	Chilled ready meal		
	Chilled or frozen meat pie or slice		
	Chilled quiche, vegetable tart or slice		
	Tinned meats: corned beef, spam, meatballs, bolognaise, faggots, beef casserole, chilli		
	Tinned vegetables: creamed mushrooms, vegetable chilli, spiced beans		
	Tinned chicken in a creamy sauce, chicken curry, vegetable or lentil dhal		
	Frozen or chilled sausages, chops, gammon or beef steak, chicken portions		

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M A I N M E A L	Frozen or chilled fish: breaded portion, fish fingers, fishcakes with sauces, prawns		
	Frozen or tinned vegetables		
	Frozen mashed or baked potatoes, chips, wedges, waffles, roasts or instant mashed potato		
	Microwavable rice: various styles, mixed grains, instant flavoured couscous		
	Instant sauces and gravy: beef/chicken, parsley, cheese or white sauce to serve with a meal.		
	Accompaniments: chutney, pickles, pickled red cabbage, horseradish sauce, mustard		
P U D D I N G S & S N A C K S	Yogurt, mousse, trifle/cheesecake in individual pots		
	Rice snack pots or tinned rice pudding		
	Custard snack pots or instant custard		
	Tinned or packet sponge puddings		
	Tinned fruit in juice or jelly		
	Jelly snack pots, crème caramel, flavoured custard		
	Mini fruit pies or slices		
	Cake: battenburg, swiss roll, fruit, chocolate, brownies and muffins		
	Malt loaf, fruit tea-bread		
	Biscuits and bars: jaffa cake, chocolate, flapjack, fig biscuits, brownies		
	Crumpets, muffins, sliced bread for toast		
	Plain biscuits: rich tea, arrowroot, nice, digestive, ginger nut		
	Raisins, cranberries and nuts, plain, mixed or chocolate or yoghurt covered		
	Crisps: variety of flavours and styles.		
	Snacks: cheese cheddars, ritz crackers		
Nourishing drinks	Malted milk, ovaltine, hot chocolate		
	Milky coffee		
	Instant cup a soup made with milk		
	Bovril		
Refreshing drinks	Squeezed chilled orange juice		
	Cranberry juice		
	Fruit squashes: high fruit content, lemon barley water		
Calorie and nutrient boosters	<i>These items can be added to drinks, mashed potato, and sauces to make every mouthful count more.</i>		
	Double cream - chilled		
	Evaporated milk		
	Grated cheese		
	Milk powder		
	Sauces: parsley, cheese or white sauce		
	High fruit content squash or cordial		
	Eggs		
Butter			