

# MSC SUSTAINABLE CAPSULE KITCHEN PLANNER



The Sustainable Capsule Kitchen Planner is the covers-all-bases tool you need to ensure you're filling your kitchen with food that tastes good and is good for you and the Ocean too!

Choose your vegetable base, add a protein, carbohydrates (wholegrain if possible!), top with a dressing or sauce of your choice and hey presto, you're on your way to a healthy, delicious, and sustainable plate. To make sure you've got everything you need, see our 'shopping list' section, and tick off your essentials (ensuring all seafood has the blue MSC ecolabel on it).

PLANTS	PROTEIN	DRESSINGS/ SAUCE	CARBOHYDRATES
Fresh berries	Greek yoghurt	Honey	Homemade pancakes
Banana	Tinned tuna	Olive oil, lemon, dill dressing	Oatcakes
Avocado	Scallops	Honey, ginger, soy dressing	Wholegrain rice
Grated carrot	Fresh salmon	Tinned tomatoes and olive oil	Wholemeal pasta
Mixed veg			
Broccoli			
Spinach			

## SHOPPING LIST

### FRIDGE

- Greek yoghurt, halloumi, or cream cheese
- Milk of choice
- Fresh berries & kiwi
- Eggs
- Carrots
- Avocados
- Spinach or broccoli
- Salmon fillets or smoked salmon
- White fish fillets
- Mushrooms & tomatoes

### FREEZER

- Frozen berries
- Frozen mango
- Frozen prawns
- Frozen tuna steaks
- Frozen peas
- Frozen spinach
- Frozen mixed vegetables
- Frozen salmon fillets
- Frozen scallops
- Frozen banana

### CUPBOARD

- Oats & no added sugar muesli
- Potatoes, rice, pasta & noodles
- Wholegrain crackers or oatcakes & bread
- Dark chocolate & cocoa powder
- Tinned salmon
- Tinned tuna in spring water
- Tinned sardines in tomato sauce
- Tinned tomatoes, beans, chickpeas, & lentils
- Nuts & seeds (or nut butter)
- Apples, Pears, Bananas, & Oranges

## MONDAY

**BREAKFAST** Greek yoghurt with fresh berries & a sprinkle of nuts

**LUNCH** Avocado and spinach salad with wholegrain rice & grilled salmon

**DINNER** Stir-fried prawns with mixed frozen vegetables & rice or noodles

**SNACKS** Carrots with hummus

**DRINKS** Smoothie with milk, frozen spinach, banana, and berries

## TUESDAY

**BREAKFAST** Porridge with sliced bananas, seeds & honey drizzle

**LUNCH** Tinned tuna salad: spinach, tomatoes, oatcakes & lemon dressing

**DINNER** Jacket potato, baked beans, cheese & steamed broccoli

**SNACKS** Apple slices with almond or cashew butter; dark chocolate

**DRINKS** Herbal tea infused with lemon

## WEDNESDAY

**BREAKFAST** Scrambled eggs, toast, smoked salmon, tomatoes & mushrooms

**LUNCH** Lentil soup (using tinned lentils) with added carrots & spinach

**DINNER** Baked herby cod, tomato avocado salad & roasted baby potatoes

**SNACKS** Greek yoghurt with frozen berries; nuts or seeds

**DRINKS** Warm milk with honey & cocoa powder

## THURSDAY

**BREAKFAST** Peanut butter & banana on wholegrain toast

**LUNCH** Chickpea shakshuka with a side of halloumi & avocado

**DINNER** Scallops with wholegrain rice & steamed mixed vegetables

**SNACKS** Oatcakes with cream cheese; fresh fruit

**DRINKS** Fresh orange juice (150ml)

## FRIDAY

**BREAKFAST** Porridge with chopped nuts & honey

**LUNCH** Hummus & falafel sandwich

**DINNER** Tuna steak, baby potatoes, frozen veg & lemon herb butter

**SNACKS** Dark chocolate & almonds

**DRINKS** Banana & milk smoothie

## SATURDAY

**BREAKFAST** Greek yoghurt pancakes with fresh berries

**LUNCH** Buddha bowl with rice, avocado, spinach, & grilled salmon

**DINNER** Lentil Bolognese (using tinned lentils) served over pasta

**SNACKS** Tuna sweetcorn on oatcakes with balsamic drizzle

**DRINKS** Golden turmeric milk

## SUNDAY

**BREAKFAST** Spinach & mushroom omelette

**LUNCH** Tinned sardines in tomato sauce on toast

**DINNER** Prawn burrito bowl with avocado, mushrooms, & tomatoes

**SNACKS** Sliced apple with peanut butter

**DRINKS** Hot chocolate made from cocoa with a dash of honey