

RATION CHALLENGE MEAL PLAN

Use the meal plan below as a base for your Ration Challenge week. All of the recipes we have used are much more tasty and enjoyable when adding reward ingredients! You can keep earning rewards throughout the Ration Challenge week. We recommend preparing food in larger quantities, refrigerating the leftovers and then having that specific meal for a run of 2-3 days. Make sure you don't re-heat the rice more than once and always keep it in a closed container in the fridge (for health and safety reasons).



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	Day 1: Sunday	Day 2: Monday	Day 3: Tuesday	Day 4: Wednesday	Day 5: Thursday	Day 6: Friday	Day 7: Saturday
Prep	Make 3 servings of congee, 2 servings of mujadara and 180g of rice for Days 1/2/3.	No meal prep needed.	Prepare lentil soup and rice meals. Soak chickpeas overnight for Day 4 falafel.	Prepare crepes fresh. Make falafel with pre-soaked chickpeas.	Prepare crepes fresh. Make rice and beans for the next 3 days.	Prepare congee/rice for your final two days. Prepare flat-breads and hummus (hummus will taste like a luxury!)	No meal prep needed.
Breakfast	Congee OR rice Make 3 portions for Day 1/2/3. 270g rice + water	Rice left-overs Second serving of congee made on Day 1. 90g rice + water (1/3 of portion cooked day 1)	Rice left-overs Third serving of congee made on Day 1. 90g rice + water (1/3 of portion cooked day 1) + rewards	Crepes Use mixture to make small crepes. 57g flour + oil + rewards <small>Tip: More water makes the rations go further</small>	Crepes Use mixture to make small crepes. 57g flour + oil + rewards <small>Tip: More water makes the rations go further</small>	Congee OR rice Make 2 portions for today/tomorrow. 180g rice + water (90g/serving)	Rice left-overs Second portion from yesterday. 90g rice + water (1/2 of portion cooked yesterday)
Lunch	Fatima's mujadara Make 2 portions for Day 1/2. 180g rice, 80g lentils + rewards	Fatima's mujadara Second serving from Day 1 + rewards	Maya's lentil Soup Make 2 portions for Day 3/4. 90g lentils	Maya's lentil Soup Second serving from Day 3	Rice + beans Make 5 portions for Day 5/6/7. 450g rice + tin of beans (1 portion is 90g rice, 48g beans)	Rice + beans Portion 2 of 5 from rice + beans mix. 90g rice, 48g beans (1/5 of portion cooked day 5)	Rice + beans Portion 4 of 5 from rice + beans mix. 90g rice, 48g beans (1/5 of portion cooked day 5)
Dinner	Plain rice Make 2 portions for Day 1/2. 180g rice + water	Plain rice Second serving from Day 1	Plain rice Make 3 portions for Day 3/4/5. 270g rice + oil	Plain rice Second serving from Day 3 90g rice + oil	Plain rice Third serving from Day 3 90g rice + oil	Rice + beans Portion 3 of 5 from rice + beans mix. 90g rice, 48g beans (1/5 of portion cooked day 5)	EVERYTHING LEFT Portion 5 of 5 from rice + beans mix and then treat yourself. Eat everything you have left :)
Snacks	Flatbreads Make flatbreads for Day 1/2/3. 170g flour + oil	Flatbreads Second serving from Day 1	Flatbreads Third serving from Day 1 (if you haven't eaten them all!)	Falafel Make 2 portions for Day 4/5. 40g chickpeas + oil	Falafel Second serving from Day 4 + rewards	Flatbreads + hummus Make flatbreads with hummus spread. 116g flour, 45g chickpeas + oil	Flatbreads Any left over

Reward tips

Adding earned rewards (like milk or cinnamon) to congee turns it into a sweet treat!

Earning a vegetable can make Fatima's mujadara that extra bit more tasty.

Add an earned spice to congee or rice. Our top suggestions are cumin or chilli.

Add protein to your crepes to make a savoury delight.

Add an earned vegetable to the falafel mix to add flavour.

You've made it so far! Enjoy an afternoon cuppa (if you earned it!) to finish off a good week.

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