

Feed a family of 4 for less than £10 per person a week

Suggested meal planner:

	Breakfast	Lunch	Dinner	Snacks
Monday	Porridge, cereal or toast	Ham wraps	Pasta bake, salad and garlic bread	Fruit, yoghurt, biscuits
Tuesday	Porridge, cereal or toast	Tomato and ham pasta salad	Jacket potatoes with cheese and beans	Fruit, yoghurt or crisps
Wednesday	Porridge, cereal or toast	Cheese wraps	Pie, mashed potato and vegetables	Fruit, yoghurt or chocolate bar
Thursday	Porridge, cereal or toast	Tomato and ham pasta salad	Burgers with homemade chips	Fruit, yoghurt or biscuits
Friday	Porridge, cereal or toast	Ham wraps	Curry and rice	Fruit, yoghurt or crisps
Saturday	Porridge, cereal or toast	Tomato soup and bread	Homemade pizza	Fruit, yoghurt or chocolate
Sunday	Porridge, cereal or toast	Omelette	Toad in the hole, roast potatoes, veg and gravy	Fruit, yoghurt or biscuits

Shopping list – Aldi

Fridge total: £9.18	Fresh fruit and veg total: £5.18	Cupboard total: £12.23
Ham 40 slices = £1.69 Cheese 400g = £1.79 Mozzarella = 43p 15 eggs = £1.18 Beautiful buttery 1kg = £1.36 Milk = 99p Brooklea yoghurt pots = 79p Yoghurt tubes = 95p	Iceberg lettuce = 43p Large cucumber = 69p Cherry tomatoes = 48p Wonky brown onions = 50p Wonky potatoes 2.5kg = 89p Wonky oranges 600g = 69p Kiwi fruit = 67p Mini bananas x7 = 83p	2 x bread (1 in freezer) = 72p Wraps x8 = 75p Porridge 1kg = 75p Harvest Morn cereal (Bran flakes, Honey hoops, Choco hoops, Malted Wheaties, Choco rice) x 2 = £1.38 Everyday essential penne pasta 500g x2 = 58p Tomato puree = 31p Cucina pasta sauce = 55p Cucina pasta bake sauce = 63p Curry sauce = 65p Everyday Essentials long grain rice = 45p Tin tomatoes x2 = 56p Everyday Essentials baked beans x4 – 88p Bramwells soup x2 = 80p Plain flour = 45p Vegetable oil = £1.09 Gravy granules = 79p Juice = 89p
Freezer total: £7.95	Snacks total: £4.11	
Pies (steak or chicken) = £1.99 Sausages = £1.59 Burgers x6 = £1.59 Carlos garlic baguettes x2 = 69p Four Seasons frozen peas = 55p Broccoli = 59p Sweetcorn 1kg = 95p	Belmont 4 biscuit selection = 99p Belmont Jaffa cakes x24 = 85p Dreemy mini bars x16 = 89p Snackrite 6 packs x2 = £1.38	
Total: £38.65		

Shopping list – Asda

Fridge total: £8.86	Snacks total: £2.64
ASDA Smart Price Cooked Ham Slices = £1.59 ASDA Cheese 400g = £2.00 ASDA Mozzarella = 60p ASDA 15 Smart price eggs =£1.18 ASDA Sunflower spread = £1 ASDA Milk 6 pints = £1.70 ASDA Smart Price fromage Frais 12 pack = 80p	ASDA Smart Price Chocolate Chip Cookies = 39p ASDA Cookies and Cream Biscuits = 39p ASDA Smart Price Caramel Wafers 5x2 = £1 ASDA Smart Price Snacks (crisps x12) = 86p
Freezer total: £8.59	Cupboard total: £14.29
ASDA Pies (steak or chicken) = £2.20 ASDA Smart price sausages = £1.00 ASDA Smart Price 10 Beef Burgers = £1.60 ASDA 2 Garlic & Herb Baguettes = £1.19 ASDA Frozen for Freshness Garden Peas = 70p ASDA Frozen for Freshness Broccoli Florets = 70p ASDA Frozen for Freshness Sweetcorn = £1.20	ASDA Scottish Porridge Oats = 75p ASDA Corn Flakes Cereal = 85p ASDA Rice Snaps = 90p ASDA Soft White or Wholemeal Medium Sliced x2 (1 for freezer) = £1.16 ASDA White Wraps x8 = 95p ASDA Smart Price Pasta Shapes 500g x2 = £1.16 ASDA Smooth Bolognese Pasta Sauce = 70p ASDA Pasta Bake Sauce (Tomato, tomato and pepperoni or macaroni cheese) = 70p ASDA Curry sauce = 89p ASDA Smart Price Long Grain Rice = 45p ASDA Smart Price Chopped Tomatoes in Tomato Juice x2 = 56p ASDA Tomato puree = 34p ASDA Smart Price Baked Beans = 88p ASDA Soup x2 = 90p ASDA Plain flour = 45p ASDA Vegetable oil spray = £1.50 ASDA Gravy granules = 25p ASDA No Added Sugar Double Strength juice (Summer Fruits/cherries and berries) = 90p
Fresh fruit and vegetables total: £5.88	
ASDA Grower's Selection Iceberg Lettuce = 46p ASDA Grower's Selection Cucumber = 45p ASDA Farm Stores Cherry Tomatoes = 48p ASDA Grower's Selection Brown Onions = 75p ASDA Farm Stores White Potatoes 2.5kg = 91p ASDA Farm Stores Easy Peelers = 69p ASDA Farm Stores Kiwi Fruit = 67p ASDA Grower's Selection 7 Bananas = 95p	
Total: £39.74	