

SHOPPING LIST

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
15 X ONIONS	£0.99	£0.65	£0.85	£1.00	£0.99
2.5KG POTATOES	£0.99	£1.15	£1.29	£1.15	£1.15
BANANAS	£0.72	£0.69	£1.00	£0.85	£0.99
250G CHERRY TOMATOES	£0.69	£0.69	£0.60	£1.00	£0.60
1KG CARROTS	£0.48	£0.65	£0.65	£0.65	£0.60
SALAD BAG	£0.78	£0.57	£0.80	£0.78	£0.89
SPRING ONIONS	£0.55	£0.29	£0.55	£0.55	£1.20
CELERY	£0.57	£0.39	£0.65	£0.57	£0.60
GARLIC & HERB SOFT CHEESE	£1.25	£0.95	£1.30	£1.20	£1.29
TUNA	£0.55	£0.55	£0.82	£1.65	£0.72
SWEETCORN	£0.72	£0.72	£0.80	£0.65	£1.25
2 X TINNED PEACHES	£0.68	£0.68	£0.68	£0.68	£2.20
MAYONNAISE	£0.65	£0.99	£1.25	£1.25	£1.25
CHILLI POWDER	£1.00	£0.69	£1.00	£1.10	£0.99
MIXED HERBS	£1.00	£0.59	£1.00	£1.10	£1.09
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.75
10 X VEGETABLE STOCK CUBES	£0.90	£0.65	£0.65	£1.00	£1.50
GRAVY GRANULES	£0.50	£1.09	£0.45	£0.40	£1.00
2 X TINS OF BAKED BEANS	£0.56	£0.56	£0.54	£0.54	£1.00
2 X TINS OF CHOPPED TOMATOES	£0.70	£0.70	£0.70	£0.70	£0.98
OATS	£0.90	£0.90	£0.90	£0.90	£0.90
1KG RICE	£0.52	£0.52	£0.52	£0.52	£1.19
LOAF OF BREAD	£0.45	£0.45	£0.45	£0.45	£0.75
15 X EGGS	£1.99	£1.99	£1.99	£3.25	£2.60
500G COOKING BACON	£1.00	£2.80	£1.00	£1.00	£1.00
FROZEN SUMMER FRUITS / MIXED BERRIES	£2.25	£1.89	£2.25	£2.50	£2.50
1KG FROZEN MIXED VEG	£0.89	£0.99	£0.85	£1.50	£1.19
20 X SAUSAGES	£1.50	£1.50	£1.50	£1.65	£3.25
TOTALS	£24.06	£24.57	£25.32	£29.15	£34.42

OR £21.09 ACROSS THE FIVE STORES

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OR £21.09 ACROSS THE FIVE STORES

Sunday - Breakfast

Toast, Scrambled Eggs, Bacon & Tomato



Methods

1. Whisk the eggs.
2. Fry the bacon and onions for 5 minutes.
3. Add the tomatoes and cook for 2 more minutes.
4. Add the eggs and cook until the eggs set.
5. Toast the bread and serve with the scrambled eggs.

Ingredients

- 4 eggs
- 200g cooking bacon, diced
 - 1 onion, diced
- 6 cherry tomatoes, halved
 - 4 slices of bread

Sunday - Lunch

Creamy Veg Soup



Ingredients

- 2 carrots, diced
- 1 onion, diced
- 2 potatoes, diced
- 1 litre of vegetable stock
- 40g Porridge oats
- 2 pinches Pepper

Methods

1. Put the veg into a saucepan.
2. Add the stock.
3. Add the porridge oats.
4. Add the pepper and stir everything together.
5. Place the lid on and heat till it comes to a rolling boil then reduce the heat till it's simmering (gentle bubbles).
5. Simmer for 40 mins.
5. Taste and season with more pepper if needed.

Sunday - Dinner

Sausage & Mash Pie



Ingredients

- 1 tbsp oil
- 6 sausages
- 4 medium onions, peeled & sliced into strips
- 750ml water
- 4 tbsp gravy granules
- Salt & black pepper, to taste
- 200g mixed veg
- 1kg potatoes, peeled & diced

Methods

1. Boil potato chunks in salted water until knife tender, then drain and set aside to steam dry.
2. Fry sausages in a pan until golden and cooked through. Remove from the pan and slice into 3-4 chunks.
3. In the same pan, cook onions until brown and golden on medium heat, seasoning with salt and pepper.
4. Add water to the pot and bring to a simmer. Add mixed vegetables and cook for 5 minutes.
5. Sprinkle in gravy granules and cook until thickened.
6. Stir in the sliced sausages and transfer the mixture to a baking dish. Allow it to rest.
7. Mash the potatoes and season.
8. Spoon the mashed potatoes over the sausages, working from the outside in, without pushing down too hard. Use a fork to create a rough top.
9. Bake at 200°C/390F for 20 minutes or until golden on top. Let it rest and then serve.

Monday - Breakfast

Banana Breakfast Biscuits



Ingredients

- 2 large bananas
- 80g porridge oats

Methods

- 1.** Preheat the oven to 180°C/Fan 160°C/Gas 4 and line a baking tray, ready for your cookies.
- 2.** Mash the bananas really well in a large bowl. Add the oats and mix together.
- 3.** Scoop out eight dollops of the mixture, placing them on the baking tray, evenly spaced.
- 4.** Bake for 10–12 minutes until golden brown, then cool on a wire rack.

Monday - Lunch

Egg Mayo Sandwiches



Methods

1. Boil the eggs.
2. Grate once cooked and stir in the mayo.
3. Split between the bread to make sandwiches.

Ingredients

- 6 eggs
- 4 tbsp mayo
- 8 slices of bread

Monday - Dinner

Garlic & Herb Spaghetti



Ingredients

- 100ml vegetable stock
 - 200g mixed veg
 - 250g spaghetti
- 200g garlic & herb soft cheese

Methods

- 1.** Cook spaghetti according to the packet instructions. When there are 3 minutes left, add the mixed vegetables to the boiling water.
- 2.** In a small pot, combine vegetable stock and soft cheese. Stir and heat until the cheese melts and the mixture is well mixed.
- 3.** Drain the cooked pasta and vegetables, reserving some of the pasta water.
- 4.** Mix the soft cheese sauce with the pasta. If the mixture is too dry, add some of the reserved pasta cooking water to loosen the sauce.

Tuesday - Breakfast

Porridge & Summer Fruits



Methods

1. Put the porridge oats in a pot and stir in the water.
2. Bring to the boil and then reduce heat to simmer.
3. Stir occasionally to make sure it doesn't stick.
4. Split into 4 bowls and top with the summer fruit.

Ingredients

- 200g porridge oats
 - 1.4L water
- 200g summer fruits

Tuesday - Lunch

Creamy Veg Soup



Ingredients

- 2 carrots, diced
- 1 onion, diced
- 2 potatoes, diced
- 1 litre of vegetable stock
- 40g Porridge oats
- 2 pinches Pepper

Methods

1. Put the vegetables in a saucepan.
2. Add the stock.
3. Add the porridge oats.
4. Add the pepper and stir everything together.
5. Cover the saucepan and bring it to a rolling boil. Then reduce the heat to a simmer with gentle bubbles.
5. Let it simmer for 40 minutes.
5. Taste and season with more pepper if desired.

Tuesday - Dinner

Sausage Hash



Ingredients

- 4 sausages, removed from their skins
 - 2 onions, diced
- 6 potatoes, peeled and cubed
 - 1 vegetable stock cube
 - 2 tsp mixed herbs
 - Tin of baked beans

Methods

- 1.** Put potatoes and a stock cube in a pot of cold water and bring it to a boil. Reduce the heat to simmer and cook for 15 minutes until tender. Drain and set aside.
- 2.** Fry sausages in a non-stick pan until cooked, breaking them up with a wooden spoon.
- 3.** Add onions to the pan and cook for 2 minutes.
- 4.** Add cooked potatoes and mixed herbs, stirring well. Cook for 5 minutes, stirring occasionally.
- 5.** Place the pan under a hot grill until browned.
- 6.** Remove from the grill and serve with baked beans on the side, following the instructions on the tin.

Wednesday - Breakfast

Porridge & Peaches



Methods

1. Put the porridge oats in a pot and stir in the water.
2. Bring to the boil and then reduce heat to simmer.
3. Stir occasionally to make sure it doesn't stick.
4. Split into 4 bowls and top with the peaches.

Ingredients

- 200g porridge oats
 - 1.4L water
- 1 tin of peaches

Wednesday - Lunch

Egg Muffins



Ingredients

- 2 slices of bacon, diced
 - 1 onion, diced
 - 3 eggs
- 6 cherry tomatoes, chopped

Methods

- 1.** Preheat the oven to 200°C/Fan 180°C/Gas 6.
- 2.** In a pan over a medium heat, fry the bacon and onion together until the bacon is cooked.
- 3.** In a bowl, whisk the eggs, then add the tomato to the egg mix.
- 4.** Add in the bacon and onion, then pour the mix into the muffin tray.
- 5.** Bake for about 15 minutes until they start to go golden brown.

Wednesday - Dinner

Spicy Rice



Ingredients

- 1/2 tbsp oil
- 1 tbsp chilli powder
- 2 onions, finely chopped
- 400g long-grain white rice
- 300ml vegetable stock
 - 1/4 tsp salt
- 200g mixed veg

Methods

- 1.** Heat oil in a medium saucepan over medium heat. Add chilli powder and briefly stir, then add the onion. Cook for 4 minutes.
- 2.** Add rice, stock, and salt. Stir well, then add the mixed vegetables.
- 3.** Cover the saucepan and bring it to a simmer. Reduce the heat to low, maintaining a gentle simmer.
- 4.** Cook for 15 minutes or until the liquid is absorbed (tilt the pot carefully to check).
- 5.** Remove from heat, keep the lid on, and let it rest for 10 minutes. This step is important as it allows the rice to absorb any remaining liquid and become fluffy.
- 6.** Fluff the rice with a fork and serve.

Thursday - Breakfast

Banana Breakfast Biscuits



Ingredients

- 2 large bananas
- 80g porridge oats

Methods

- 1.** Preheat the oven to 180°C/Fan 160°C/Gas 4 and line a baking tray with parchment paper.
- 2.** In a large bowl, mash the bananas thoroughly. Add the oats and mix well.
- 3.** Scoop out eight portions of the mixture and place them evenly spaced on the prepared baking tray.
- 4.** Bake for 10-12 minutes or until the cookies turn golden brown. Then, transfer them to a wire rack to cool.

Thursday - Lunch

Veggie Rice Soup



Methods

1. Put the water in a large pot.
2. Add the rice, vegetables, herbs and stock cubes.
3. Simmer for 30 mins, stirring occasionally.
4. Season if required before serving.

Ingredients

- 1 litre water
- 150g rice
- 2 veg stock cubes
- 1 tsp mixed herbs
- 3 carrots, chopped
- 2 sticks of celery, chopped
 - 1 onion, chopped
- 1 pinch salt and pepper

Thursday - Dinner

Tuna Sweetcorn Pasta



Methods

1. Cook the spaghetti according to the packet instructions.
2. Drain the cooked spaghetti and stir in the oil to prevent clumping. Let it cool.
3. In a bowl, mix together the tuna, sweetcorn, and mayo.
4. Stir the tuna mixture into the cooled pasta.
5. Serve the pasta dish.

Ingredients

- 1 tbsp oil
- 1 tin of tuna, drained
- 1 tin of sweetcorn, drained
 - 6 tbsp mayonnaise
 - 250g spaghetti

Friday - Breakfast

Summer Fruit Overnight Oats



Methods

1. Split the oats between 4 containers.
2. Split the yoghurt and put it on top of the oats.
3. Add the frozen fruit on top.
4. Pop in the fridge overnight.
5. In the morning stir and serve.

Ingredients

- 120g oats
- 500ml yoghurt
- 200g frozen berries

Friday - Lunch

Egg Mayo Sandwiches



Methods

1. Boil the eggs until cooked.
2. Grate the boiled eggs and stir in the mayo.
3. Take the grated egg mixture and spread it between slices of bread to make sandwiches.

Ingredients

- 6 eggs
- 4 tbsp mayo
- 8 slices of bread

Friday - Dinner

Bacon & Veg Hotpot



Ingredients

- 1/2 pack cooking bacon, diced
 - 2 onions, diced
- 500g potatoes thinly sliced
 - 1 pint vegetable stock
 - 200g mixed veg

Methods

1. Parboil the potato slices for 5 minutes.
2. Defrost the mixed vegetables.
3. Dry fry the bacon in a non-stick pan for 3 minutes, then add the onion and fry for an additional 5 minutes.
4. Layer the ingredients in an ovenproof dish, ending with a layer of potatoes.
5. Pour the stock over the layers.
6. Cook in the oven at gas mark 6 or 200°C for 30 minutes.

Saturday - Breakfast

Banana Oat Pancakes



Methods

1. Mash the banana in a bowl
2. Add the eggs and mix well.
3. Add the oats and stir together.
4. Heat a large non-stick frying pan and drop in spoons of batter.
5. Cook for 1 minute on one side and then flip over and cook for another 30 seconds.

Ingredients

- 1 cup of oats
- 2 bananas
- 2 eggs

Saturday - Lunch

Veggie Rice Soup

Methods

1. Put water in a large pot.
2. Add rice, vegetables, herbs, and stock cubes to the pot.
3. Simmer for 30 minutes, stirring occasionally.
4. Season if needed before serving.



Ingredients

- 1 litre water
- 150g rice
- 2 veg stock cubes
- 1 tsp mixed herbs
- 3 carrots, chopped
- 2 sticks of celery, chopped
 - 1 onion, chopped
- 1 pinch salt and pepper

Saturday - Dinner

Sausage Meatball Chilli & Rice



Ingredients

- 8 sausages
- 2 tsp vegetable oil
- 200g frozen mixed veg
 - 2 tsp chilli powder
- 1 tin chopped tomatoes
- 1 tin of baked beans
 - 300g rice

Methods

- 1.** Squeeze three balls of meat from each sausage, discarding the skins. Fry the meatballs in oil for 5 minutes until lightly browned.
- 2.** Add vegetables to the pan with the meatballs and fry for an additional 4 minutes.
- 3.** Stir in the chili powder, fry for 1 minute, then add beans and tomatoes.
- 4.** Simmer for 5 minutes, stirring occasionally, until the sauce and meatballs are cooked.
- 5.** Meanwhile, cook rice according to the packet instructions.
- 6.** Serve the chilli over the rice.