

Budget Family Meal Plan for a Week (Family of 4)

MyMenu

	Breakfast	Lunch	Dinner
Monday	Oatmeal with grated apple and cinnamon	Egg fried rice with frozen peas	Roast chicken thighs with potatoes and carrots
Tuesday	Toast with peanut butter and banana	Chicken and vegetable soup (from leftover chicken)	Spaghetti with homemade tomato and lentil sauce
Wednesday	Yogurt with oats	Leftover pasta bake	Bean and cheese quesadillas with salad
Thursday	Scrambled eggs on toast	Tuna and sweetcorn sandwiches	Sausage, bean and vegetable casserole
Friday	Oatmeal with raisins	Leftover casserole with rice	Homemade pizza night on flatbreads
Saturday	Pancakes with fruit	Jacket potatoes with beans and cheese	Chicken and vegetable stir-fry with rice
Sunday	Boiled eggs and toast soldiers	Vegetable omelette	Shepherd's pie with lentils and minced meat

Grocery list

Produce

Potatoes · Carrots · Onions · Garlic · Cabbage or seasonal greens · Frozen peas · Frozen mixed vegetables · Apples · Bananas · Lettuce

Meat, fish & eggs

Chicken thighs (bone-in) · Sausages · Minced beef or pork · Canned tuna · Eggs (large pack)

Dairy

Milk · Plain yogurt (large tub) · Cheddar cheese

Pantry

Rolled oats · Rice · Spaghetti · Red lentils · Canned beans · Baked beans · Canned tomatoes · Canned sweetcorn · Flour · Peanut butter · Raisins · Stock cubes

Bakery

Sliced bread · Flatbreads or tortillas

Tips

- Buy whole or bone-in chicken: roast it once, then turn the leftovers and bones into soup.
- Stretch minced meat with lentils (half and half) in sauces and pies: cheaper and still hearty.
- Frozen vegetables are as nutritious as fresh and never go to waste.