

£25 Healthy Meal Plan and Shopping List

Shopping list	Meal plan
Mince £2.87 Potatoes £1.18 Whole chicken £4 Cooked ham £1 Celery 54p Milk £1.10 Cucumber 48p Cherry tomatoes £1 Leeks £1 Big tomatoes £1 Lettuce 50p Carrots 35p Oranges £1 15 eggs £1.18 Mixed beans 38p Lentils £1.15 Pasta 1kg £1 Wholemeal loaf 50p 2x Tin chopped tomatoes 60p Oats 1kg 75p Rice 1kg 75p 2x baked beans 64p Onions 1kg 64p Frozen fruit £2	Breakfast
	<ul style="list-style-type: none"> • Overnight oats (oats/milk/frozen fruit) • Egg muffins (eggs/milk/onion/tomatoes) • Beans on toast • Egg on toast
	Lunch
	<ul style="list-style-type: none"> • Leek & potato soup • Minestrone soup (rice/tomatoes/onion/carrot) • Celery/cucumber/carrot sticks • Chicken pasta salads (leftover chicken/pasta/lettuce/tomatoes/cucumber/onion) • Sandwiches (ham salad) • Oranges
	Dinner
	<ul style="list-style-type: none"> • Roast chicken & vegetables (potato/chicken/carrots/leeks/onion) • 2x Spaghetti Bolognese (mince/lentils/onion/chopped tomatoes/oats/pasta) • Chicken stew (same veg as chicken dinner) • Bean chilli (beans, chopped toms, lentils, onion) & rice • Chilli & wedges • Crustless quiche beans and salad