

Sunday:

Breakfast: Porridge

Sunday Lunch: Roast Chicken (x2)

Dessert: Homemade cookies

Evening Meal: Sandwich's and nachos

Monday:

Breakfast: Soda bread and eggs

Lunch: Pasta with tomato and herb sauce (x2)

Dinner: Leftovers from the roast

Tuesday:

Breakfast: Porridge

Lunch: Soda Bread open cheese toasties

Dinner: Pizza

Wednesday:

Breakfast: Soda bread and eggs

Lunch: Pasta with tomato and herb sauce

top with cheese

Dinner: Shepard's Pie (x2)

Notes

A series of ten horizontal grey bars intended for taking notes.

Thursday:

Breakfast: Porridge

Lunch: Soda bread and egg salad

Dinner: Shepard's Pie leftovers

Friday:

Breakfast: Porridge

Lunch: Pasta, tomato herb sauce

Top with cheese

Dinner: Chicken, egg fried rice

(x2)

Saturday

Breakfast: Sausage sandwiches

Lunch: Chicken rice

Dinner: Pizza

Notes

A series of 12 horizontal grey bars stacked vertically, intended for taking notes.

Notes for this week

Snacks all week

Fruit, popcorn, nachos, leftovers, rich tea, hazelnut spread, cookies.

When you a (x2) after a meal means to cook a double batch so that there are leftovers for tomorrows dinner

If the super 6 fruit costs more than .49cent work in the overage into next weeks budget. I buy several of the lower price fruits if they are .49cent to keep within budget.

Drinks All Week

Water from our Britta filter tea, coffee, herbal teas.

I allocate a half a soda bread for each meal its set out for.

I portion the nachos so they last the week.

I put them on the plate as a side for sandwiches and close them with IKEA clips which keeps them so fresh

If I have access to a special offer, coupon or gift card I use it to my full advantage. I take to opportunity to stock up on things I don't need to buy every week. An example of this is store cupboard ingredients.

Notes:

We don't have any major allergies or intolerances that can't be managed with our normal diet.

I choose veg or salad for the side for dinner depending on what needs to be used up first.

We don't drink alcohol on a regular basis

Porridge is made with water from the tap. We top it with a choice of milk, honey, hazelnut spread, fruits, depending on what we have in that week.

We have a piece of fruit and or veg with each lunch normally.

We aim for no food waste and always eat our leftover's. If that changes the meal plan, take that as an advantage for next week meal plan and shopping budget

Examples of items to keep stocked up on

If I have access to a special offer, coupon or gift card I use it to my full advantage. I take to opportunity to stock up on things I don't need to buy every week. such as store cupboard ingredients, toiletries and cleaning products.

Store Cupboard

Olive oil

Bi-carbonate of soda

Vanilla essence

Vinegar

Tea bags

Cordial

Coffee

Sweetener

Sugar

Honey

Mayonnaise

Ketchup

Stock cubes

Plain flour

Caster sugar

Salt

Pepper

Various dried herbs

Various dried spices

Soy sauce

Basic cleaning products and toiletries are bought in the grocery budget including.

- shampoo
- shower gel
- hand soap
- toilet paper
- washing up liquid
- spray cleaner
- bleach

I look through these items before I go shopping. This helps me to make the most efficient meal plan and shopping list that I can