

Monday

Breakfast	Eggs and toast with tea and fruit if preferred.
Lunch	Pasta in tomato sauce.
Dinner	Roast dinner leftovers.

Tuesday

Breakfast	Cereal, fruit and tea.
Lunch	Soup and sandwiches.
Dinner	Omelette.

Wednesday

Breakfast	Porridge with topping of your choice. (There is hazelnut spread and bananas in the grocery list)
Lunch	Sandwich's, crisps and fruit.
Dinner	Chilli con carne with rice.

Thursday

Breakfast	Eggs and toast with tea and fruit if preferred.
Lunch	Toasted cheese and ham wrap.
Dinner	Chilli topped baked potatoes with salad, nachos and salsa.

Friday

Breakfast	Cereal, fruit and tea.
Lunch	Sandwich's, crisps and fruit.
Dinner	Fish in parsley sauce with vegetables and potatoes.

Saturday

Breakfast	Late breakfast/brunch is usually at 11:30 and is our lunch and breakfast. McMuffins and Hash Browns.
Lunch	Snacks as breakfast was at lunch time.
Dinner	Pepperoni pizza with chips.

Sunday

Breakfast	Porridge with topping of your choice.
Lunch	Roast dinner (make double).
Dinner	Sandwich's, crisps and tea.

Snacks

Crisps and Nachos/ salsa	leftovers
Biscuits	Chocolate
Fruit	Ice cream with sprinkles

Notes

Portions

2 slices of bread per sandwich and 2 slices of bread per toast portion.

2 potatoes per person when making mashed potatoes

2 potatoes per person when making homemade chips.

Find the largest potatoes in the bag to keep for baked potatoes, using 1 large potato per person.

Bags of nachos last several days as a side to lunches or as snacks. Use clip or clothes peg to seal the bag.

2 eggs per person for breakfast

3 eggs per person for omelette as a main meal (per adult)

1 muffin per person for Saturday brunch

1 egg per Mc Muffin

1 slice of ham per sandwich

We are not big fruit eaters in our family but we love our veggies. That may be something you'd need to adjust to your family's needs.

Divide apples and bananas between plates to avoid waste. For example, half a banana is enough for a bowl of porridge.

We eat small meat portions and larger vegetable portions. In this meal plan we use a small chicken. Strip the chicken right down and split it between two days. You may even have enough for a chicken salad sandwich or two.

Don't forget!

Prioritise leftovers.

Throw nothing away! If its meal planned in properly there should be no reason to throw it out.

If in doubt, freeze it!

Bulk up meals with vegetables and beans to increase quantities so that you can have leftovers for another day's dinner or lunch.

When you make the chilli, keep the half a tin of leftover tomatoes in the fridge or freezer till pizza night.

Batch cook and store food by doing one evening of food prep. For example, you could make the soup, the pasta lunch dish, the chilli con carne, pizza sauce and double roast all in one session. If you are new to this it might take a few practice-runs to get this right.

Your Pantry

I've made some reasonable assumptions based on how I prepare meals for my family. These are items that I do not buy every week. I buy some of these items when they are on offer and others just wouldn't get used up in weeks or even months. With that in mind, this is the list of things that I used from my pantry.

I have bought some pantry items in this week's grocery shop as they I was running low on those items. If an item is not from Aldi ill mention the brand name. As much as I love Aldi there are a few things I prefer branded.

Bisto instant beef gravy (pick up when on offer)	Plain flour
Knorr stock pots of all types (pick up when on offer)	Dessert sauces
All types of herbs	Sprinkles (hundreds and thousands)
All types of spices	Porridge oats
Oils	Yeast
Vinegars	Parmesan cheese
Salts	Teas, coffees
Tomato puree	Various sweeteners or sugars
Ketchup	Weetabix (Aldi version)
Mayonnaise	Fizzy water, cordials
Kidney beans	

Aldi €70 Shopping List

5L Water x2	2.58	Baked beans x 2	.76
2L Water 6pk	2.49	Salsa x 2	1.18
Low fat milk 3L	2.29	Whole plum tomatoes x 3	.87
Cheesy singles 10 pk	.47	800g 4% mince	5.69
Mozzarella/cheddar grated mix. Family pack sized x 2	5.58	Chilli spice mix (if you are not following my recipe)	.65
		Multi pack crisps x 24	2.99
Butter 454g	2.49	Block of vanilla ice-cream	.99
18 Eggs	2.49	Large bar own brand milk chocolate (blue pack)	1.39
6 Eggs	.99	Frozen peas	.64
Pasta 1KG	.99	Hash browns	1.09
Basmati Rice	.99	Frozen breaded cod	2.09
Tortilla wraps, plain	.89	Ham 10 pk x2	4.98
Basic white sliced bread x2	1.50	Pepperoni	.99
Small whole chicken (on offer)	2.69	Sausages x 16	1.39
Toasting muffins	.89		
Tortilla chips x 3	1.47		
Digestive biscuits	.34		
Rich tea	.28		
Potatoes (Roosters)7.5kg	5.99		
Carrots 2kg	1.75		
Garlic	.79		
Onions	.59		
Parsnips 500g	.39		
6pk Tomatoes	.99		
Broccoli	.89		
Courgette	.49		
Baby leaf salad leaves x2	2.50		
Apples x6	.99		
Bananas x6	1.49		
Kiwi 6pk	.99		