

7 DAY ALDI MEAL PLAN FOR €15 FOR ONE PERSON.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal and milk (200ml milk)	Cereal and milk	Cereal and milk	Cereal and milk	Cereal and milk	Cereal and milk	Cereal and milk
LUNCH	Egg salad sandwich	Egg salad sandwich	Egg salad sandwich	Toast and cheese (onion optional)	Toast and cheese (onion optional)	2 egg omelette, onion, cheese, and veg.	Toast and cheese (onion optional)
DINNER	Savoury mince and pasta with grated cheese	Savoury mince and pasta with grated cheese	Goujons, mixed veg and potato.	Goujons, mixed veg and potato	Pizza and salad	Goujons, homemade chips, Fried egg	Savoury mince and pasta with grated cheese
SNACK	Rich tea Cup of tea	Rich tea Cup of tea	Rich tea Cup of tea	Rich tea Cup of tea	Rich tea Cup of tea	Rich tea Cup of tea	Rich tea Cup of tea

SEE LIST OF ASSUMPTIONS IN POST

Use any condiments you have at home to enhance your meals

This plan contains 1 super 6 item. If you can utilize discounts, do that!

There is no butter in this plan as it was too expensive. Use mayonnaise or ketchup as dips instead.

Check dates on any fresh items and store carefully, especially after opening.

Use up any leftovers as snacks or sides to your meals

200mls of milk per bowl of cereal each morning

Portion out all food carefully

Prepare any food you can in bulk to save turning on the oven every evening.

Example: Boil and cool eggs for a few days' worth of sandwiches.

Batch cook the savoury mince. Cool completely and store in airtight containers in the fridge and freezer. Defrost in the fridge 24 hours before use from freezer. If you prefer to, cook the pasta fresh.