

Aldi shopping list for meal plan for 1-£30

Category	Shopping list	Quantity	Price
Bakery	Sliced bread	1 loaf	0.55
Bakery	Burger buns	1 pack	£1.29
Fruit & veg	Bananas	1 pack (5)	0.78
Fruit & veg	Apples	1 pack / 6	0.99
Fruit & veg	Salad	1 bag	0.75
Fruit & veg	Potatoes	2.5kg	£1.65
Chilled	Milk	1 bottle	£2.40
Chilled	Butter / spread	1	£1.85
Chilled	Cheddar cheese	1 block	£2.45
Chilled	Ham	1 pack	£0.75
Chilled	Eggs	12	£2.49
Meat	Whole chicken	1	£4.15
Meat	Sausages	12	£2.29
Frozen	Fish fingers	1 pack	£1.65
Frozen	Peas	1 bag	£1.15
Cupboard	Porridge oats	1 bag	0.85
Cupboard	Baked beans	1 tin	0.27

Prices correct Aldi UK 2026

Cupboard	Rice	1 bag	0.52
Cupboard	Pasta	1 bag	0.41
Cupboard	Pesto	1 jar	0.89
Snacks	Multipack chocolate bars-Seal bars	1 pack	£0.99
Snacks	Chocolate Oaties	1 pack	£0.49
TOTAL	£29.59		

Meal plan for 1

Day	Breakfast	Lunch	Dinner
Monday	Eggs & toast	Egg, salad & ham sandwich	Roast chicken, roast potatoes,
Tuesday	Porridge & banana	Ham & cheese sandwich	Roast chicken, roast potatoes,
Wednesday	Eggs & toast	Chicken fried rice	Sausages, mash, peas & gravy
Thursday	Porridge & banana	Chicken fried rice	Sausages, mash, peas & gravy
Friday	Eggs & toast	Egg, salad & ham sandwich	Sausage pesto pasta
Saturday	Porridge & banana	Ham & cheese toastie	Sausage pesto pasta
Sunday	Beans on toast	Chicken, ham & egg salad	Fish finger burger, homemade chips

- Swap items where needed to keep the total affordable. Prioritise discounts. If you find a good reduction or cheaper alternative, use it and adjust the meal plan accordingly.
- Swap the suggested snacks for something you prefer, leave them out altogether, or save the money.
- Use what you already have. Check your cupboards, fridge and freezer before buying anything on the list.
- Be flexible. The meal plan is a guide. Swap meals around to use fresh food first and avoid waste.