

Budget family meal plan

shopping list

Fridge

4 pork sausages
640g diced chicken thighs
350g lean beef
125ml milk
100g soured cream
150g grated cheddar
200g Greek yogurt
50g grated pecorino or hard cheese

Freezer

250g frozen sustainable white fish
300g frozen sweetcorn

Vegetables, fruit & fresh herbs

1 medium broccoli
4 onions
4 lemons
2 medium courgettes
small bunch of dill
2-3 garlic bulbs
250g prepared diced butternut squash and sweet potato
2 limes
50g ginger
small bunch of coriander
1 cucumber
1 Little Gem lettuce
1 lemongrass stalk
1 green pepper
3 bunches of spring onions
small bunch of basil
small bunch of coriander

Storecupboard

150g self-raising flour
3 eggs

2 x 112g cans tuna
300g long-grain rice
1.2kg plain rice
2 x 400g cans chickpeas
400g short pasta (such as orecchiette or penne)
2 x 400g cans beans of your choice
200g can chopped tomatoes
200ml coconut milk
4 flatbreads
4 tsp brown sugar
50g roasted peanuts
4-8 slices crusty bread

You may already have these:

Dried spices

5 tsp chilli flakes
4 tsp ground cumin
2 tsp ground coriander
2 tsp ground turmeric
1 tsp smoked paprika
2 green cardamom pods (optional)
1 heaped tsp fennel seeds (optional)
1 tsp ground cinnamon

Oils & sauces

300ml sunflower or vegetable oil
2 tbsp tomato purée
1 tbsp soy sauce
2 tbsp fish sauce
2 tbsp tamarind paste (optional)
2 tbsp grated ginger
chipotle chilli paste (optional)



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goodfood
**COOK
SMART**

