

Speedy family budget meal plan

shopping list

Fridge

200g frozen peas
150g tub natural yogurt
200g chicken breast
150g cooked chicken or any other meat, optional for fridge-raised fried rice
300g cold cooked rice
100g cheddar or gruyère cheese
200g tub fresh tomato salsa
soured cream, to serve with quesadillas
big handful grated parmesan or vegetarian alternative

Vegetables, fruit & fresh herbs

2 celery sticks
4 garlic cloves
4 onions
300g pack stir-fry vegetables
1 medium butternut squash
1 carrot
2 potatoes
½ medium broccoli
100g green beans (can be frozen)
1 red or yellow pepper
Thumb-sized piece fresh root ginger
1 spring onion
Small packet coriander
Handful sage leaves

Storecupboard

400g can chopped tomatoes
400g can chickpeas
220g can chickpeas
400g can pinto or kidney beans
150g orzo or other small pasta shapes

1400ml vegetable stock
200ml chicken stock
200g couscous
250g risotto rice
30g roasted unsalted peanuts
300g pack ready to eat egg noodles
400g can chopped tomatoes
4 pack rotis
7 eggs
10 dried apricots
crusty bread, optional for soup
8 flour tortillas

You may already have these: Dried spices and seeds

1 tsp cumin seeds
2 tsp smoked paprika
1 tsp toasted sesame seeds

Oils & sauces

8 tbsp oil
1 tbsp tomato purée
2 tbsp basil pesto
2 tbsp crunchy peanut butter
1 tbsp soy sauce
2 tbsp sweet chilli sauce, optional for stir-fry
2 tbsp mild curry paste
2 tbsp harissa paste
1 tbsp sesame oil
1 tbsp oyster sauce

