



Financial Wellness
Group

14-Day Food Plan.



Live more. Stress less.

14-Day Food Plan.

According to the Office of National Statistics, the average UK family-of-four spend £4,960 every year on food shopping, excluding alcoholic drinks.

That is £413.30 every month, and £207 every fortnight- a lot of money to part with during a national recession, wouldn't you agree? As the British economy deteriorates and job losses continue to rise, protecting your money is more important than ever, and cutting back on your food bill is a simple and effective way of lowering your monthly outgoings.

A recent survey by Which? found that as of July 2020, Aldi is the cheapest supermarket in the UK. Based on this information, we've compiled a 14-Day Budget Food Plan which could slash the price of your family shop to just £115 a fortnight- an average saving of almost £92. Check out our shopping list below.

Shopping List.

(All items and prices taken from official Aldi Website - August 2020)

Excluding household items and alcoholic drinks, this guide focuses on creating fresh and tasty meals on a budget, for meat-eating families-of-four with no specific dietary requirements.

Vegetable / Fruit

Bananas	6 Pack	£1.09	<input type="checkbox"/>	Large Stir Fry Bag	600g	£1.29	<input type="checkbox"/>
Little Gem Lettuce	2 Pack	£0.65	<input type="checkbox"/>	Baby Leaf Salad	110g	£0.69	<input type="checkbox"/>
Red Onions	3 Pack	£0.67	<input type="checkbox"/>	Baby Leaf Salad	110g	£0.69	<input type="checkbox"/>
Easy- Peel Oranges	600g	£0.93	<input type="checkbox"/>	Chestnut Mushrooms	250g	£0.77	<input type="checkbox"/>
Carrots	1.5kg	£0.60	<input type="checkbox"/>	Broccoli	300g	£0.95	<input type="checkbox"/>
Leeks	500g	£0.89	<input type="checkbox"/>	Cauliflower		£0.89	<input type="checkbox"/>
Swede		£0.48	<input type="checkbox"/>	Parsnips	500g	£0.57	<input type="checkbox"/>
Sweetheart Cabbage		£0.49	<input type="checkbox"/>	Granny Smith Apples	6 Pack	£1.19	<input type="checkbox"/>
Baking Potatoes	4 Pack	£0.45	<input type="checkbox"/>	Wonky Peppers	700g	£1.12	<input type="checkbox"/>
British White Potatoes	2.5kg	£1.15	<input type="checkbox"/>	Avocado		£0.89	<input type="checkbox"/>
Frozen Garden Peas	907g	£0.55	<input type="checkbox"/>	Sweetcorn	2 Pack	£0.97	<input type="checkbox"/>
Cucumber		£0.45	<input type="checkbox"/>	Cherry Tomatoes	350g	£0.70	<input type="checkbox"/>



Meat / Fish

Extra Large Pack Chicken Breast Fillets	1.7kg	£8.29	<input type="checkbox"/>
Unsmoked Large Gammon Joint	1.3kg	£4.79	<input type="checkbox"/>
Four Breaded Cod Fillets- Frozen	500g	£2.79	<input type="checkbox"/>
Unsmoked Pancetta	170g	£1.29	<input type="checkbox"/>
5% Lean Beef Mince	1kg	£4.89	<input type="checkbox"/>
Unsmoked Bacon	300g	£1.39	<input type="checkbox"/>
Pork Shoulder Steaks	700g	£2.99	<input type="checkbox"/>
Extra Large Whole Chicken	2.25kg	£3.89	<input type="checkbox"/>
Cod Fish Fingers	300g	£1.49	<input type="checkbox"/>
Beef Burgers	342g	£1.45	<input type="checkbox"/>
BBQ Spare Ribs	600g	£3.49	<input type="checkbox"/>
Wafer Thin Honey Roast Ham	400g	£1.59	<input type="checkbox"/>
8 Cumberland Sausages	454g	£1.35	<input type="checkbox"/>

Sweets

Biscuit Assortment	700g	£0.99	<input type="checkbox"/>
Honey	340g	£0.99	<input type="checkbox"/>
Microwave Popcorn	3 Pack	£0.99	<input type="checkbox"/>
Milk Chocolate	100g	£0.30	<input type="checkbox"/>

Carbohydrates

Fajita BBQ Kit	500g	£1.15	<input type="checkbox"/>	Mini Savoury Eggs	216g	£1.49	<input type="checkbox"/>
6 Pack Variety Crisps	6 Pack	£0.65	<input type="checkbox"/>	Plain Flour	1.5kg	£0.45	<input type="checkbox"/>
6 Pack Variety Crisps	6 Pack	£0.65	<input type="checkbox"/>	Onion Rings	750g	£0.95	<input type="checkbox"/>
Basmati Rice	1kg	£1.29	<input type="checkbox"/>	Penne Pasta	500g	£0.29	<input type="checkbox"/>
Both in One Loaf Bread	800g	£0.49	<input type="checkbox"/>	Wholemeal Pittas	6 Pack	£0.39	<input type="checkbox"/>
Both in One Loaf Bread	800g	£0.49	<input type="checkbox"/>	Spinach & Ricotta Tortelloni	300g	£1.15	<input type="checkbox"/>
Spaghetti	500g	£0.20	<input type="checkbox"/>	Spinach & Ricotta Tortelloni	300g	£1.15	<input type="checkbox"/>
Crumpets	9 Pack	£1.00	<input type="checkbox"/>	Croissants	8 Pack	£1.05	<input type="checkbox"/>
Crumpets	9 Pack	£1.00	<input type="checkbox"/>	Porridge	1kg	£0.75	<input type="checkbox"/>
Cornflakes	500g	£0.50	<input type="checkbox"/>	Sausage Rolls	10 Pack	£0.95	<input type="checkbox"/>

Shopping List...continued

Dairy Products

Fat Free Greek Style Yoghurt	8 Pack	£1.69	<input type="checkbox"/>	Soured Cream	300ml	£0.95	<input type="checkbox"/>
Fat Free Greek Style Yoghurt	8 Pack	£1.69	<input type="checkbox"/>	Semi-Skimmed Milk	6 Pints	£1.50	<input type="checkbox"/>
Red Leicester	400g	£1.79	<input type="checkbox"/>	Semi-Skimmed Milk	6 Pints	£1.50	<input type="checkbox"/>
Houmous	200g	£0.69	<input type="checkbox"/>	Parmesan	200g	£2.49	<input type="checkbox"/>
British Double Fresh Cream	300ml	£0.85	<input type="checkbox"/>	Mayonnaise	500ml	£0.69	<input type="checkbox"/>
Salted Butter	250g	£1.49	<input type="checkbox"/>	Creamy Coleslaw	600g	£0.75	<input type="checkbox"/>
Mixed Weight Scottish Eggs	15 Pack	£1.18	<input type="checkbox"/>	Halloumi	225g	£1.49	<input type="checkbox"/>
Mixed Weight Scottish Eggs	15 Pack	£1.18	<input type="checkbox"/>				

Tins

Tuna	4 Pack	£2.65	<input type="checkbox"/>	Tomato Soup	400g	£0.33	<input type="checkbox"/>
Tikka Masala Sauce	500g	£0.55	<input type="checkbox"/>	Minestrone Soup	400g	£0.33	<input type="checkbox"/>
Baked Beans	420g	£0.29	<input type="checkbox"/>	Minestrone Soup	400g	£0.33	<input type="checkbox"/>
Baked Beans	420g	£0.29	<input type="checkbox"/>	Minestrone Soup	400g	£0.33	<input type="checkbox"/>
Black Beans	390g	£0.49	<input type="checkbox"/>	Minestrone Soup	400g	£0.33	<input type="checkbox"/>
Tomato Soup	400g	£0.33	<input type="checkbox"/>	Red Kidney Beans	400g	£0.39	<input type="checkbox"/>
Tomato Soup	400g	£0.33	<input type="checkbox"/>	Strawberry Jam	454g	£0.28	<input type="checkbox"/>
Tomato Soup	400g	£0.33	<input type="checkbox"/>				

Sauces / Base Ingredients

Chicken Stock Cubes	12 Pack	£0.35	<input type="checkbox"/>	Cumin	40g	£0.49	<input type="checkbox"/>
Vegetable Stock Cubes	12 Pack	£0.35	<input type="checkbox"/>	Chopped Tomatoes	400g	£0.35	<input type="checkbox"/>
Fresh Garlic	4 Pack	£0.62	<input type="checkbox"/>	Tomato Puree	200g	£0.27	<input type="checkbox"/>
Sunflower Oil	1 Litre	£1.09	<input type="checkbox"/>	Stuffing	170g	£0.30	<input type="checkbox"/>
Gravy Granules	300g	£0.87	<input type="checkbox"/>	Chilli Powder	40g	£0.55	<input type="checkbox"/>
Dark Soy Sauce	150ml	£0.45	<input type="checkbox"/>	Paprika	40g	£0.49	<input type="checkbox"/>

Extras

Tea Bags	250g	£0.95	<input type="checkbox"/>	Double Strength Orange Squash	1.5 Litres	£0.85	<input type="checkbox"/>
Coffee	200g	£1.39	<input type="checkbox"/>				

Remember...

Some ingredients won't be used till week 2, so it's important to preserve them in the freezer as soon as you've completed your shop. This includes:

- Four Chicken Breasts
- 500g of Mince
- 1/3 of Gammon Joint
- Spinach and Ricotta Tortelloni (both packets)
- 8 Cumberland Sausages
- 1 Loaf of Bread



14-Day Meal Plan.

Meal Plan - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Porridge and Banana	Jam on Toast	Crumpets	Cornflakes	Porridge with Banana	Bacon Sandwich	Pancakes
Lunch	Tuna Lettuce Wrap	Cheese and Ham Frittata	Gammon and Veg Soup	Ham and Cucumber Sandwiches	Baked Potatoes	Picnic	Tomato Soup
Snacks	Biscuits and Crisps	Carrot Sticks and Houmous	Orange	Biscuits	Apple	Popcorn	Yoghurt
Dinner	Chicken Tikka Masala	Leek Carbonara	Fish and Chips	Chicken Stir-fry and Egg-fried Rice	Burrito Bowl	Creamy Mushroom Pork Chops	Sunday Roast

Meal Plan - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Crumpets	Eggs and Soldiers	Porridge	Cornflakes	Jam on Toast	Pancakes	Egg on Toast
Lunch	Bubble and Squeak	Minestrone Soup	Ham and Cucumber Sandwiches	Gammon and Veg Soup	Tuna Pittas	Ham and Cheese Croissants	Halloumi Kebabs
Snacks	Cornflakes Cakes	Crisp and Yoghurt	Biscuits	Apple	Popcorn	Yoghurt	Orange
Dinner	Gammon Mac n Cheese	Chilli and Rice	Naked Chicken Kievs	Fish Tacos	Cappelletti Soup	American BBQ	Toad in the Hole



Top Tips.

How to slash the price of your shopping list:

1. Purchase ingredients that can be used in various dishes.
2. Write a shopping list and try not to deviate from it.
3. Plan your meals ahead of time.
4. Cook in bulk and freeze meals - especially those containing fresh vegetables and meat.
5. Try and control your portion sizes.
6. Try and avoid ready - meals, they can be costly.
7. Swap branded items for supermarket-own alternatives.

For more money-saving tips, visit:

<https://www.moneysavingexpert.com/shopping/cheap-supermarket-shopping/>



Creamy Mushroom Pork Chops



Servings
4



Prep Time
10min



Cook Time
25min



Difficulty
5/10

Ingredients.

Pork Chops
125g Mushrooms
1 Chicken Stock Cube
50ml Double Cream
4 Potatoes
200g Frozen Peas
3 Garlic Cloves

Method.

Step 1: Pre-heat the oven at 220 degrees.

Step 2: Place the pork chops on a baking tray and put in the oven for 20 minutes.

Step 3: Peel the potatoes and add them to a large saucepan with water. Turn on a high heat and bring to the boil for 15 minutes till soft.

Step 4: Add a tbsp of oil to a frying pan and add sliced mushrooms. Cook for 5 minutes till soft and then add the crushed garlic.

Step 5: Add a chicken stock cube to a cup of hot water and add half of the broth to the frying pan. Turn down the heat slightly and add the double cream.

Step 6: Add the peas to a pan of water and boil for 5 minutes.

Step 7: While the mushroom sauce is simmering, drain the potatoes and add a knob of butter and dash of milk. Mash till all the lumps have gone and add more butter/milk if needed.

Step 8: Once you've drained the peas, add them to a plate with the mashed potato and pork chops. Drizzle the sauce over the top and serve.



Chicken Stir-Fry and Egg-Fried Rice



Servings
4



Prep Time
5min



Cook Time
30min



Difficulty
7/10

Ingredients.

3 Chicken Breasts
Stir-Fry Bag
75ml Dark Soy Sauce
4tbsp Honey
2cups Rice
1tbsp Sunflower Oil
4 Eggs

Method.

Step 1: Put the rice in a large pan and fill with 3 cups of water. Bring to the boil and then turn down the heat. Simmer for 15 minutes.

Step 2: Add 50ml of soy sauce and the honey to a small saucepan and simmer on a medium - heat.

Step 3: Cut 3 chicken breasts into strips and add to a saucepan with oil. Cook for 10 minutes till browning.

Step 4: Add the stir fry veg and cook for a further 5 minutes till soft.

Step 5: In a separate pan, add a touch of oil and scramble the eggs.

Step 6: Using hot water, drain the rice and add to the eggs with the remaining soy sauce and stir well.

Step 7: Once the honey and soy sauce has thickened, remove from the heat and pour over the chicken and veg. Stir well and serve with the rice.



Leek Carbonara



Servings
4



Prep Time
5min



Cook Time
30min



Difficulty
4/10

Ingredients.

500g Spaghetti
170g Pancetta
1 Chopped Leek
3-4 Cloves of Garlic
1 Chicken Stock Cube
50ml Double Cream
50g Grated Parmesan
1tbsp Sunflower Oil

Method.

Step 1: Fill a large saucepan with water and sprinkle in a dash of salt. Bring to the boil.

Step 2: On a medium heat, warm oil in a frying pan and add the pancetta and chopped leek. Cook for several minutes till it begins to crisp, then add the crushed garlic and cook for 2-3 more minutes.

Step 3: Add the spaghetti to the boiling water and cook for 10-12 minutes.

Step 4: Add a chicken stock cube to a cup of boiling water and add half to the frying pan, along with the double cream. Simmer for roughly 10-15 minutes till thicker.

Step 5: Add the parmesan to the pan and stir in.

Step 6: Add the drained spaghetti and stir well. Serve with more grated parmesan.



Gammon and Veg Soup



Servings
8



Prep Time
20min



Cook Time
16hrs



Difficulty
3/10

Ingredients.

¾ of the Gammon Joint
750g Carrots
4 Potatoes
2 Leeks
Swede
2 Vegetable Stock Cubes

Method.

Step 1: Peel the potatoes, carrots and swede and cut into small chunks. Also, thinly slice the leeks.

Step 2: If using a Slow cooker. Add all the veg and stock cubes and add just enough water to cover the vegetables. Place on a high setting and cook for 12 hours (overnight).

Step 2.1: If using a large saucepan. Add all the veg and stock cubes and fill the pot with enough water to cover the contents. Simmer on a low heat for 3 hours- keeping the water topped up when necessary.

Step 3: In a saucepan, fill it halfway with water and add the gammon. Cover with a lid and boil on a low heat for 2 hours still soft. Top up the water every 30 minutes.

Step 4: Remove the gammon and shred it with a knife and fork. Keep to one side (or in the fridge overnight if using the slow cooker).

Step 5: Using a hand blender, gently blend the soup mixture till it is thick, with small chunks of vegetables still intact.

Step 6: Add the gammon to the soup and simmer for another hour in the pan or 3 hours on high in the slow cooker.

Step 7: Portion out the soup and serve.

* There should be enough for 8 portions - wait for 4 portions to cool and then freeze for week 2 *



Naked Chicken Kievs



Servings
4



Prep Time
20min



Cook Time
50min



Difficulty
6/10

Ingredients.

4 Chicken Breasts
100g Butter
2-3 Garlic Cloves
1kg Potatoes
250g Peas
Parsley (Optional)

Method.

Step 1: Crush the garlic cloves and add to the butter. If you have it, finely chop a handful of fresh parsley and add it to the mix. Mash the garlic into the butter and place in the freezer.

Step 2: Pre-heat the oven at around 220 degrees.

Step 3: Peel the potatoes and cut into thick fingers. Scatter them on a baking tray with oil, salt and pepper and put in the oven. Cook for roughly 40 minutes but toss every 15 minutes.

Step 4: Cut a pocket into the thickest part of the chicken breast but be careful not to cut through the other side. Then, take the butter and spoon an even amount into each chicken breast.

Step 5: Add several tbsp of oil to a pan and turn on a medium heat. Once hot, all four chicken breasts and cook each side for 3 minutes till golden brown.

Step 6: Place the chicken breasts into a ceramic dish and pour juice from the pan on top. Put into the oven for around 17 minutes till cooked through.

Step 7: Put the peas in a saucepan and fill halfway with water. Cook on a high heat for 10 minutes.

Step 8: Drain the peas and serve with the chicken and chips.



Cappalletti Soup



Servings
4



Prep Time
2min



Cook Time
6min



Difficulty
1/10

Ingredients.

2 Packets of Spinach and Ricotta Tortelloni
2 Vegetable Stock Cubes
40g Grated Parmesan

Method.

Step 1: Take a large saucepan and empty the thawed pasta into it. Fill it $\frac{3}{4}$ way full with water and bring to the boil on a high heat. Cook for 5-6 minutes once boiling.

Step 2: Add both vegetable stock cubes and stir.

Step 3: Take the pan off the heat and allow to cool for 5 minutes. Then, spoon pasta into bowls with broth. Grate some parmesan on top and enjoy.



Burrito Bowl



Servings
4



Prep Time
10min



Cook Time
15min



Difficulty
3/10

Ingredients.

- 500g Mince
- 2 Small Onions
- 1 Pepper
- Fajita Seasoning
- Baby leaf salad
- Avocado
- Salsa
- 125g Grated Cheese
- 100g Soured Cream

Method.

Step 1: Slice the onions and peppers into small chunks and add to a hot pan with a touch of oil. Cook on a medium-high heat for several minutes before adding the mince. Cook until brown.

Step 2: Take your fajita BBQ kit and remove the seasoning mix and salsa. Put the wraps to one side for a different day.

Step 3: Add the entire sachet of fajita mix to the mince and stir well. If dry, add a touch of water and simmer for another minute.

Step 4: Empty a bag of baby leaf salad into four bowls and top with the mince mixture. Then, add salsa, grated cheese and soured cream. Dinner is served.



Gammon Mac n Cheese



Servings
4



Prep Time
10min



Cook Time
1.5hrs



Difficulty
8/10

Ingredients.

350g Penne
Remaining Gammon
500ml Milk
4tbsp Flour
50g Butter
150g Grated Cheese
150g Peas

Method.

Step 1: Having thawed the gammon overnight, place it in a saucepan with half water and boil for one hour till soft.

Step 2: Fill a large saucepan with 2/3 water and add a pinch of salt. Once boiling, add the pasta and cook on a high heat for 10 minutes- stirring periodically.

Step 3: Add the milk, flour and butter to a saucepan and bring to the boil on a medium heat. Whisk continuously till the flour disappears and the butter melts.

Step 4: Whisk for 2 more minutes till it starts to bubble and stir in 110g cheese until melted. Remove from the heat.

Step 5: Pre-heat the oven at 200 degrees and transfer the drained pasta and shredded gammon into a large dish. Stir in the cheese sauce and frozen peas and mix well.

Step 6: Sprinkle the remaining cheese on top and bake for 15-20 minutes till the cheese is browned.

Step 7: Remove from the oven and serve.



Fish Tacos



Servings
4



Prep Time
5min



Cook Time
15min



Difficulty
2/10

Ingredients.

300g Cod Fish Fingers
8 Fajita Wraps
Avocado
125g Grated Cheese

Method.

Step 1: Pre-heat the oven at 200 degrees.

Step 2: Transfer all fish fingers onto a baking tray and put them in the oven. Cook for 15 minutes till crispy.

Step 3: Take a large mug and place it on top of the fajita wrap. Using a knife, cut around the mug, creating 2-3 soft taco shells per wrap. Repeat this process using all the wraps.

Step 4: Take the avocado and spoon the entire contents into a bowl. Using a fork, mash the avocado till smooth, adding a pinch of salt and lemon juice (if you have it).

Step 5: Add grated to cheese to a bowl and do the same with some baby leaf salad and strips of cucumber.

Step 6: Put the taco sells in the oven for 3 minutes till warm. Next, remove them and the fish fingers from the oven.

Step 7: Build your own tacos and enjoy



Bubble and Squeak



Servings
4



Prep Time
5min



Cook Time
15min



Difficulty
5/10

Ingredients.

Leftover vegetables
Leftover Roast Chicken
1 Tbsp Butter
1 Sliced Onion
2 Garlic Cloves

Method.

Step 1: Preheat the oven at 180 degrees and transfer the leftover roast chicken into a ceramic dish. Transfer to the oven when it is warm.

Step 2: Take the cold leftover cabbage, roast potatoes, carrots, broccoli and cauliflower and mash together till slightly chunky.

Step 3: Take a large, non-stick frying pan and add a tablespoon of butter. Once its hot, add the diced onion and cook for several minutes before adding the crushed garlic.

Step 4: Add the vegetables and push down the mixture till it covers the base of the pan. Allow it to cook on one side for 5 minutes before turning it over. You may find that the potatoes catch the pan, but this is normal. This is where the term, 'bubble' comes from.

Step 5: Once each side has browned, remove it from the pan and serve it with the warm roast chicken.



Enjoy!

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