

Sunday	
egg, bacon, beans and toast	the shopping list allows for 5 eggs, 1 tin beans, 5 slices of toast and as much of the bacon as you want to use
roast chicken, potatoes, cabbage, peas, sweetcorn	follow your usual methods, the shopping list allows for about a kg of potatoes. Use up to half the cabbage
chocolate ice cream	use all the condensed milk and all the cream, half of the Greek yogurt. Makes a big batch
fruit and yogurt	whatever fruit you want to use from the extra budget, plus up to half of the Greek yogurt
Monday	
strawberry baked oats	use 40g oats, 80ml milk and an egg per person. Use half the bag of strawberries
oven frittata with sweet potato chips	use all the sweet potatoes. Make the same as oven wedges
chicken and bean salad	Use half the chicken breast (500g), 2 of the tins of own brand beans, rinsed of the sauce. Toss together. Put on bed of salad veg (half the fresh tomatoes, half of the cucumber, half of the ice berg and use half the of red peppers) . Make a vinaigrette by whisking together 6 tblsp olive oil, 3 tblsp any vinegar except malt vinegar, or use lemon juice, and a good blob of grainy mustard.
Tuesday	
scrambled eggs and toast, mackerel	half the mackerel. Up to 10 eggs, 5 slices toast
jacket potato and cheesy beans	1kg of the potatoes, 2 tins of beans, 100g of cheese
vegetable crumble, roasted carrots	use 50g of the salted peanuts here, use the rest in the chicken salad etc. About 400g of roasted carrots
Wednesday	
blueberry overnight oats	use half the pack of blueberries and 40-50g oats, 150ml milk per person
peperonata and rice	use the 3 pack of peppers, 2 onions, 1-1.5 tins of tomatoes and as much rice as you want
pepperoni pizza	use the base recipe, and the tomato sauce, top with the mozzarella, pepperoni and sprinkle on sweetcorn if you like
Thursday	
strawberry overnight oats	use half the pack of strawberries and 40-50g oats, 150ml milk per person
tomato pasta topped with cheese	make a tomato sauce by chopping an onion and frying gently in a saucepan until transparent. Tip in a tin of tomatoes, add a half tsp of salt, half tsp of pepper, tsp sugar and some fresh basil leaves or a little dried if you have them, don't worry if not. Simmer for 10 minutes, then whizz with a stick blender. Cook the pasta, drain well, tip some sauce, as much as you want, onto the pasta in the saucepan and stir around. Either serve immediately topped with grated cheese if liked, or bake in the oven
Goan chicken curry and rice	
Friday	
scrambled eggs and toast, mackerel	half the mackerel. Up to 10 eggs, 5 slices toast
avocado, tomato & orange salad with Brie	have this meal on whatever day the avocados are ready. Peel and chop equal quantities of avocado, tomato and orange into equal sized pieces, about the size of a walnut. Tip into a bowl, drizzle over generous olive oil, sprinkle with salt and serve with the Brie
beef burgers, oven wedges, sweetcorn cobs	Very finely chop 150g onion and gently fry until transparent. For the beef burgers, tip the mince into a bowl, add the onion, 80g breadcrumbs (made from your loaf), a tsp salt, tsp pepper. Squish everything together really well. Shape into patties of whatever size you like, pressing down to firm them up, and fry gently until cooked through. Sprinkle with grated cheese while the burgers are still in the pan, put a lid on until the cheese is melted
Saturday	
blueberry baked oats	use 40g oats, 80ml milk and an egg per person. Use half the bag of blueberries
chole and flatbread	use the 2 tins of chickpeas
red pepper tart, coleslaw	
chicken carcass	simmer in water for a couple of hours, strip off any remaining meat and add back to the stock. Add any vegetables to hand and simmer for half an hour for a tasty soup. Add salt and pepper, whizz if you like
oaty biscuits	have these whenever you want them
apple crumble	have this whenever you want it