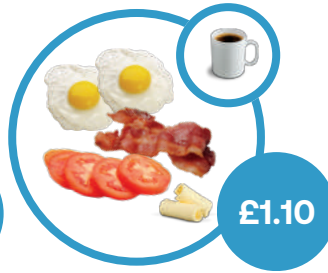


Breakfast



Lunch



Dinner



2 Free Range Eggs = 50p	100g Strawberries = 85p/ 65p*
2 Rashers of Bacon = 40p	100g Tomatoes = 47p/ 19p*
50g Mixed Nuts = 68p	100g Yoghurt = 18p
50g Cheddar Cheese = 38p	100g Canned Tuna = 78p/ 66p*
100g Baby Spinach = 46p	200g Beef Mince (20% Fat) = £1
100g Carrots = 6p	200g Whole Chicken = 52p/ 48p*
100g Courgette = 27p	200g Chicken Breast = £1.40
100g Frozen Broccoli = 16p	200g Lamb Shoulder = £2
100g Frozen Green Beans = 14p	200g Pork Belly = £1.38
100g Mushrooms = 28p	200g Pork Chops = £1.14/ 86p*
100g Olives = 68p	200g Pork Fillet = £1.62
100g Onion = 10p	200g Whole Mackerel = £1.62
100g Bell Pepper = 24p	200g Whole Sardines = £1.20

*Tesco/ Aldi

Top Tips For Real Food On A Real Budget

#1 Buy meat and fish from the counters at supermarkets, it's usually cheaper than straight from the fridges. If you can though, go to your local butcher and fishmonger as they can be even cheaper.

#2 Buy loose fruit and vegetables, it's usually cheaper than pre-packaged fruit and veg but sometimes frozen veg can be cheaper.

#3 Also, buy “wonky” vegetables at the supermarket, as they are even cheaper. If you can though, go direct to your local greengrocer or farm shop as they can be even cheaper.

#4 Cook in bulk with dishes such as stews and soups, then store in containers for freezing and heating up quickly the next time.

#5 Before going shopping, compare foods online for the best prices by looking at how much they cost per kilogram.