Real Food Real Budget

Breakfast
- Nuts: £1.60
- Bacon and eggs: £1.10
- Cheese: £1.30

Lunch
- Soup: £0.80
- Tuna salad: £1.35
- Nuts: £1.95

Dinner
- Roast chicken: £1.50
- Grilled steak: £1.05
- Sliced cucumber: £1.60

### Real Food Cost List

- 2 Free Range Eggs = 30p
- 2 Rashers of Bacon = 40p
- 50g Mixed Nuts = 58p
- 50g Cheddar Cheese = 28p
- 100g Baby Spinach = 63p
- 100g Carrots = 6p
- 100g Courgette = 34p
- 100g Frozen Broccoli = 12p
- 100g Frozen Green Beans = 12p
- 100g Mushrooms = 45p
- 100g Olives = 45p
- 100g Onion = 8p
- 100g Bell Pepper = 16p
- 100g Strawberries = 34p
- 100g Tomatoes = 19p
- 100g Yoghurt = 20p
- 100g Canned Tuna = 58p
- 200g Beef Mince (20% Fat) = 85p
- 200g Whole Chicken = 68p
- 200g Chicken Breast = £1.15
- 200g Lamb Shoulder = £1.40
- 200g Pork Belly = 90p
- 200g Pork Chops = 64p
- 200g Pork Fillet = £1.20
- 200g Whole Mackerel = 70p
- 200g Whole Sardines = 60p

### 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 fish monger 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.**