

Let's Get



Shopping Challenge

What are we going to eat in the next two weeks?

We decided the best thing to do was to make a menu plan for the next two weeks. After that we thought it would be a good idea to check the store cupboard, fridge and freezer to see what we had available and what needed using up.

Finally, we wrote our shopping list and went to a well-known high street budget supermarket and did the shopping and made a note of the costs. We spent £61.52 (equivalent to £30.76 per week) and we have food for up to two adults and two children for two weeks.

Here is our menu plan

	Main Meal	Light Meal
Breakfasts	Toast with mashed banana or nut spread x 4, porridge and forest fruits x 3, muesli & dried fruit x 4, muffin x 3	
Mon	Creamy Cheesy Pasta	Lentil Soup* & Toast
Tues	Caribbean Rice and Peas	Pea and Mint Pancakes
Wed	Moroccan Vegetable Stew	Mushroom Rice
Thurs	Vegetable Risotto	Rainbow Couscous* with feta or a few nuts
Fri	Seven Vegetable Curry and Rice	Crunchy Vegetarian Greek Style Gyros*
Sat	Mexican Eggs*	Toasted Sandwich Cucumber Sticks and Tomatoes
Sun	Lemon Roast Chicken and Fruity Yoghurt Pots*	Odds and Ends – Soup up your Leftovers
Mon	Cauliflower Curry and Flatbread*	French Toast*
Tues	Omelette Popovers & Salad	Jacket Potatoes and Beans
Wed	Speedy Biryani* & Raita	Cheese Sandwich and Carrot & Cucumber sticks
Thurs	Mushroom Stroganoff	Boiled or Poached Eggs & Toast
Fri	Boston Beans*	Pea and Mint Soup
Sat	Chilli*	Leftovers
Sun	Anything Goes Veggie Pie* and Bread and Butter Pudding	Savoury Muffins & Cucumber Sticks

Key: *indicates the recipe is available on the 'Family Space'



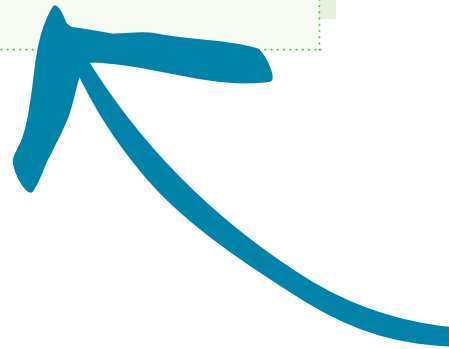
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Already in the store cupboard

- Bicarbonate soda or baking powder
- Black pepper
- Chilli powder or flakes
- Cider or balsamic vinegar
- Curry powder
- Ground cinnamon
- Ground coriander
- Ground cumin
- Mixed herbs dried
- Oil olive
- Oil sunflower
- Rice (basmati and or risotto)
- Smoked paprika
- Stock cube vegetable reduced-salt
- Sugar
- Turmeric
- Vanilla extract
- Worcestershire sauce

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Shopping notes/ recipe swaps

- Curry powder replaces Balti paste as a more versatile store cupboard ingredient (used in the Biryani recipe)
- Swap individual spices such as ground cumin or coriander for ready mixed curry powder (not curry sauce - this is often more expensive and may have added salt and sugar)
- For sweet (breakfast) muffins follow the recipe on page 46 but replace cheese with 1 apple in 1cm cubes, 1 grated carrot, 50g sultanas and 140g sugar. Replace herbs with 5ml ground cinnamon.
- Try growing some fresh herbs on your windowsill or use dried ones if it's more convenient
- Use the herbs you have available e.g. dried mixed herbs instead of thyme (in the Stroganoff)
- Vegetable and sunflower oil can be used interchangeably in the recipes in this pack
- Baking powder can be swapped with Bicarbonate of soda
- Cider or wine vinegar can be used instead of Balsamic vinegar.



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