



Jamie's budget-friendly meal plan shopping list

Hello!

For each week, we've listed everything you'll need to make 5 delicious family meals. But before you start shopping, check what you've already got in your cupboards, fridge or freezer to reduce any waste. It's also worth checking out our 'easy swap' tips alongside each recipe – you might already have alternative ingredients that will do the trick.

If you have the means, it's also a great idea to buy some store-cupboard and freezer items in bulk (such as dried pasta or frozen peas), as these ingredients are often repeated across the 4 weeks. So before shopping, we'd recommend checking off what you've already got from this list, and keeping in mind that some things might be worth buying in bulk.

We've also included separate lists of brilliant BONUS recipes (think lovely puddings and bakes), so you can decide whether to shop for these or not. Happy cooking!

WEEK 1

Fresh fruit, veg & herbs

750g Maris Piper potatoes

500g sweet potatoes

320g seasonal green vegetables

optional: 2 handfuls of baby spinach

1 leek

1 onion

½ bunch of fresh rosemary (10g)

2 tablespoons mixed fresh green herbs such as dill, chives or parsley

4cm piece of ginger

10 cloves of garlic

Meat, fish & dairy

6 rashers of smoked streaky bacon or smoked pancetta

750g minced beef or pork

500g skinless white fish (cod, haddock or pollock fillets)

8 skinless chicken thighs



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165g mature Cheddar cheese
1 litre semi-skimmed milk
3 tablespoons natural yoghurt

From the freezer

500g frozen chopped mixed onion, carrot and celery (or equivalent fresh)
300g frozen peas
500g frozen broccoli

From the store cupboard

olive oil
3 x 400g tins of lentils
1 x 400g tin of green lentils
4 x 400g tins of plum tomatoes
1 x 400g tin of chopped tomatoes
1 x 400g tin light coconut milk
300g dried spaghetti
250g lasagne sheets
50g stale bread
4 heaped tablespoons mayonnaise
5 tablespoons balsamic vinegar
6 tablespoons plain flour
1 teaspoon dried mint
2 teaspoons English mustard
2 tablespoons tikka masala paste
2 tablespoons tomato purée
2 tablespoons mango chutney

BONUS RECIPE

Frozen fruit & almond crumble

1kg mixed frozen berries and cherries
100g sugar (I used a mixture of golden caster, soft brown and demerara)
½ an orange
50g unsalted butter
100g plain flour
100g flaked almonds



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WEEK 2

Fresh fruit, veg & herbs

1 lemon
2 limes
1kg potatoes
500g sweet potatoes
4 carrots
3 onions
4 red onions
6 spring onions
100g sugar snap peas
4 mixed-colour peppers
¼ of a Chinese cabbage
100g beansprouts
2 mixed-colour chillies
3 sticks of celery
a few sprigs of flat-leaf parsley
1 bunch of fresh coriander (30g)
6 cloves of garlic
3cm piece of ginger

Meat, fish and dairy

2 Cumberland sausages
40g unsalted butter
500ml semi-skimmed milk
6 rashers of smoked streaky bacon
90g Cheddar cheese

From the freezer

2 x 150g frozen salmon fillets
2 x 100g frozen white fish fillets
125g frozen cooked peeled prawns
100g frozen spinach
500g frozen peas



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From the store cupboard

250g thin egg noodles
2 x 400g tins of beans such as kidney, cannellini or pinto beans or chickpeas
1 x 400g tin cannellini beans
2 x 400g tins plum tomatoes
200g dried lentils (red or green or a mix)
500g self-raising flour, plus extra for dusting
65g plain flour
1 heaped teaspoon English mustard
1 teaspoon cayenne pepper
1 teaspoon ground cumin
1 teaspoon ground cinnamon
½ a dried chilli
½ teaspoon dried thyme
1 pinch of dried oregano
optional: ½ teaspoon fennel seeds
8 sliced jalapeños in brine
optional: 1 vegetable stock cube
3 tablespoons plum sauce
1 tablespoon runny honey
low-salt soy sauce
vegetable oil
extra virgin olive oil
optional: sesame oil

BONUS RECIPE

Banana bread

125g unsalted butter, plus extra for greasing (at room temperature)
2 large eggs
4 ripe bananas
2 tablespoons runny honey
2 tablespoons unsweetened apple juice
250g self-raising flour, plus extra for dusting
1 big pinch of ground cinnamon
optional: 50g pecans



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WEEK 3

Fresh fruit, veg & herbs

1 large aubergine
9 fresh red chillies
1 red onion
1 onion
7 cloves of garlic
1 bunch of spring onions
1 stick of celery
1 small sprig of rosemary
½ a bunch of fresh mint (15g)
optional: 1 lemon

Meat, fish & dairy/chilled items

2 knobs of unsalted butter
50g feta cheese
60g Parmesan cheese
4 tablespoons natural yoghurt
100g smoked ham
500g lean lamb or beef mince

From the freezer

300g frozen peas
700g frozen spinach
480g mixed frozen green veg, such as spinach, green beans, peas

From the store cupboard

1 x 400g tin black beans
1 x 400g tin plum tomatoes or 400g passata
1 x 400g tin lentils
200g Puy lentils
300g dried wholewheat pasta shapes (we used fusilli)
400g dried white pasta
300g risotto rice
300g basmati rice
optional: 125ml white wine
2 slices of bread



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2 black or green cardamom pods
1 teaspoon cumin seeds
1 teaspoon black mustard seeds
1 teaspoon dried oregano
1 cinnamon stick
1 vegetable stock cube
1 dried chilli
3 anchovies (in oil)
4 tablespoons Madras curry paste
6 teaspoons mango chutney
red wine vinegar

BONUS RECIPE

Mango rice pudding

150g pudding rice
4 star anise
250g frozen mango chunks
4 tablespoons runny honey
4 tablespoons Greek-style coconut yoghurt or yoghurt of your choice

WEEK 4

Fresh fruit and veg & fresh herbs

1 fresh red chilli
1 bunch of fresh basil (30g)
6 spring onions
1 leek
1 large handful of tenderstem broccoli spears or regular broccoli
optional: fresh herbs, such as basil, parsley, mint
4 cloves of garlic

Meat, fish and dairy/chilled items

130g Parmesan cheese or Grana Padano
20g melty cheese, such as Gruyère, Cheddar



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From the freezer

- 100g frozen spinach
- 2 large handfuls of frozen peas

From the store cupboard

- 4 soft buns (for Sloppy Joe recipe)
- 1 x 400g tin of plum tomatoes
- 300g dried spaghetti
- 450g dried pasta, such as penne
- optional: gherkins (for Sloppy Joe recipe)

BONUS RECIPE

Nan's peach clafoutis

- 3 tablespoons plain flour
- 5 tablespoons golden caster sugar
- 3 large eggs
- 450ml milk
- 1 whole nutmeg, for grating
- 50g unsalted butter
- 400g tinned peach halves in juice
- vanilla ice cream, to serve