



## 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!

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### 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

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## **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