Eating healthily doesn’t mean breaking the bank or spending hours in the kitchen. Our ‘cheap as chips’ 7 day menu shows you how to make a week’s worth of breakfasts, lunches and dinners for only £5.31 a day! That’s less than a fish and chip supper!

**Shopping list - based on April 2013 Asda prices**

- *Smartprice Bran Flakes (750g) 88p
- Danone Shape Delights 0% yogurts (4x120g) £1.00
- White potatoes (2.5kg pack) £1.18
- Smartprice baked beans, 410g each (2x25p) 50p
- Asda lettuce little gem pack (2 pack) 75p
- Cucumber portion 40p
- Smartprice peppers (3 pack) £1.00
- Salad tomatoes (6 packs) 70p
- Onions (4x18p) 72p
- Broccoli, loose 80p
- Cauliflower (pack of 3) 1.00
- Carrots (45p) 36p
- Closed cap mushrooms (250g) 79p
- Granny Smith apples (3x50p) 90p
- Oranges (3x30p) 90p
- Bananas (3x12p) 36p
- Smartprice canned plum tomatoes (2x31p) 62p
- Asda organic garlic (5 pack) 70p
- Pasta in sauce packet, tomato and herb 70p
- Smartprice canned pasta sauce (595g) 1.5p
- * Smartprice long grain rice, 1kg 49p
- * Asda pasta quills, 450g 98p
- * Asda beef stock cubes, (140g) 78p
- * Diarylea Light Triangles, 140g 1.24
- Semi-skimmed milk, 2 pints 85p
- * Smartprice mild white cheese, 585g £2.00
- Smartprice eggs, 6 pack 87p
- Nimble Wholemeal sliced bread 400g 75p
- Smartprice canned tuna flakes in Brine, 185g 69p
- Smartprice back bacon, 312g smoked £1.79p
- Butchers Selection extra lean beef mince, 500g 4.50
- Butchers Selection turkey steaks, 573g 4.98
- 6 cod pieces £3.00

Total = An amazing £37.19!

* These products will last for more than one week.

**Ready meal rip-off?**

Instead of making a spag bol you could buy a ready made one such as Asda Smartprice Spaghetti Bolognese at 56p for 300g, but at 6½ Syns for a very measly portion, it may not give you great value for money. A delicious Food Optimising Spaghetti Bolognese at only approx. £1.50 for the fresh ingredients gives you twice as much grub and no Syns!

**Shrewd shopping**

Our example menu uses Asda prices, and you may be able to find bargains galore at other stores, particularly discount supermarkets such as Aldi and Lidl.
# cheap as chips

7 day menu

Extra Easy Free Foods are in **bold orange text**. Healthy Extras are in **bold black text**.

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Branflakes with milk</td>
<td>Jacket potato with baked beans</td>
<td>Spaghetti Bolognese</td>
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<tr>
<td></td>
<td>Yogurt</td>
<td>Lettuce, cucumber, pepper, tomato and onion</td>
<td>Pasta, mince, canned tomatoes, onion, garlic, pepper, mushrooms</td>
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<tr>
<td></td>
<td>Banana</td>
<td>Tuna salad</td>
<td>Turkey kebab</td>
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<tr>
<td></td>
<td></td>
<td>Tuna, lettuce, cucumber, tomato, onions, peppers, grated carrot with cheese</td>
<td>Turkey, pepper, onion, mushrooms</td>
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<td></td>
<td></td>
<td>Yogurt</td>
<td>Served with potato wedges</td>
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<tr>
<td>Tuesday</td>
<td>Branflakes with milk</td>
<td>Pasta in sauce packet</td>
<td>Egg, bacon and chips</td>
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<tr>
<td></td>
<td>Orange</td>
<td>Banana</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Boiled eggs and toast</td>
<td>Turkey salad</td>
<td>Savoury mince</td>
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<tr>
<td></td>
<td>Orange</td>
<td>Turkey, tomato, lettuce, cucumber, peppers and onion</td>
<td>Mince, onion, stock cube and carrots</td>
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<tr>
<td></td>
<td></td>
<td>Orange</td>
<td>Served with a jacket potato, broccoli and cauliflower</td>
</tr>
<tr>
<td>Thursday</td>
<td>Bacon sandwich</td>
<td>Jacket potato with canned spaghetti</td>
<td>Rice with stir-fried carrot, peppers, garlic, onion, mushrooms and broccoli</td>
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<td></td>
<td>4 Di whileya Light Triangles</td>
<td>BLT sandwich</td>
<td>Cod portion topped with tomato, garlic and pepper sauce</td>
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<tr>
<td></td>
<td>Orange</td>
<td>Bacon, lettuce, tomato, mushrooms, peppers, onions and bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yogurt</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Cheese omelette with peppers, mushroom, onion, tomato</td>
<td>BLT sandwich</td>
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<tr>
<td>Saturday</td>
<td>Branflakes with milk</td>
<td>Roast dinner</td>
<td>Bubble and squeak made from leftover potato and vegetables</td>
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<tr>
<td></td>
<td>Apple</td>
<td>Turkey, potato, carrot, cauliflower, broccoli, stock cube</td>
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</tr>
</tbody>
</table>

and for an extra **£5.00** spend your Syns on…

- **Kit Kat 2 finger (8 pack)** £1.00 5½ Syns each
- **Walkers Lites crisps (6 pack)** £1.00 6 Syns per single pack
- **Asda Extra Light mayonnaise 82p** 1 Syns per 1 level tbsp
- **Asda dry-roasted peanuts (30g) 65p** 7½ Syns per 25g
- **Asda wine gums (250g) £1.00** 4 Syns per 25g

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### Healthy Extra guidelines

On the 7 day menu enjoy 1 ‘a’ choice and 1 ‘b’ choice per day to provide your body with the nutrients it needs.

**‘a’ choices:**

Where it says milk, enjoy 250ml semi-skimmed milk with your cereal and in drinks. Where it says cheese, 30g is a Healthy Extra portion. Dairylea Triangles – 4 Light Triangles are a Healthy Extra ‘a’ choice.

**‘b’ choices:**

- Branflakes – 35g of this is classed as a Healthy Extra portion.
- Bread/toast – 2 slices of wholemeal bread from a 400g loaf count as a Healthy Extra.