

	<b>Week 1</b>	<b>Week 2</b>
<b>Monday: chicken</b>	Chicken nuggets with sweet potato fries and marinated kale salad	Proper sweet and sour (the one with pineapple & rice & sauce)
<b>Tuesday: jacket potatoes</b>	Baked beans, tuna mayo, coleslaw	Bolognaise sauce, coleslaw
<b>Wednesday: fish</b>	White fish with caramelised onions and carrots, rice and string beans	Salmon, potato mash and broccoli
<b>Thursday: pasta</b>	Pasta salad	Noodles
<b>Friday: tray bake</b>	Deconstructed lasagna	Cottage pie
<b>Saturday: potato</b>	Bangers and mash	Fish cake
<b>Sunday</b>	Spanish omelet	Roast

**Monday: chicken**

Chicken nuggets with sweet potato fries and marinated kale salad

Proper sweet and sour (the one with pineapple & rice & sauce)

**Tuesday: jacket potatoes**

Baked beans & tuna mayo

Bolognese sauce

Couleslaw

**Wednesday: fish**

White fish with caramelised onions and carrots, rice and string beans

Salmon, potato mash and broccoli

**Thursday: pasta**

Pasta salad with chicken pieces and broccoli, string beans, peas

Noodles: chicken stock, noodles, carrots, sweetcorn

**Friday: tray bake**

Deconstructed lasagna: bolognese sauce and lasagna sheets

Cottage pie

**Saturday: potato**

Bangers and mash, broccoli

Fish cake with tuna and white fish

**Sunday**

Spanish omelet: onions, potatoes, olives, egg

Roast: chicken, potatoes, carrots

## Shopping list

### 1. Core Staples Basket (your “always have” list)

Save these in your  
Favourites on Sainsbury’s

#### Cupboard

- Baked beans (6–8 tins)
- Chopped tomatoes (4–6 tins)
- Tomato purée
- Tuna (4–6 tins)
- Sweetcorn (tinned)
- Pineapple chunks (1–2 tins)
- Olives
- Chicken stock cubes
- Sweet & sour sauce (or ingredients)
- Soy sauce
- Vinegar
- Cooking oil

#### Carbs

- Rice
- Pasta

- Noodles
- Lasagne sheets
- Flour (pancakes)
- Sugar / maple syrup

#### Frozen

- Peas
- Fish
- Chicken nuggets


#### Fridge basics

- Eggs
- Milk
- Butter/spread
- Cheddar cheese
- Mayonnaise


#### Long-lasting veg

- Potatoes (big bag)
- Onions
- Carrots
- Garlic


### 2. Weekly Top-Up Shop

 Protein (choose based on your plan)

- Chicken (fresh batch weekly)
- Mince
- Fish (white fish + salmon)
- Sausages

 Fresh veg (buy smaller, fresher amounts)

- Broccoli
- Kale
- Cabbage (for coleslaw)
- Any salad bits
- Optional fruit

 Bread & extras

- Bread
- Wraps (optional)

 Snacks

- Chicken mini fillets / cooked chicken pieces

