### Evening meals for a family of 4

### Weekly meal planner

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| Monday | Easy-peasy carbonara | Nutrition\*  Calories 503  Saturated Fat 10g  Sugar 0.7g  Salt 4.5g |  |
| Tuesday | Sausage & mash with onion gravy | Nutrition\*  Calories 713  Saturated Fat 10.6g  Sugar 19.6g  Salt 1.7g |  |
| Wednesday | Pizza baked potato | Nutrition\*  Calories 415  Saturated Fat 6g  Sugar 6g  Salt 1g |  |
| Thursday | Chilli con carne & wedges | Nutrition\*  Calories 503  Saturated Fat 10g  Sugar 0.7g  Salt 4.5g |  |
| Friday | Super smoky bacon & tomato spaghetti | Nutrition\*  Calories 500  Saturated Fat 3g  Sugar 11g  Salt 1.2g |  |
| Saturday | Beef burger & wedges | Nutrition\*  Calories 892  Saturated Fat 9.2g  Sugar 5.8g  Salt 1.5g |  |
| Sunday | Cottage pie | Nutrition\*  Calories 503  Saturated Fat 10g  Sugar 0.7g  Salt 4.5g |  |

\*nutritional value is per person

Would you believe that all of these meals will feed 4 people and only cost £24.99?!

Why don’t you pick up the recipe cards, your shopping list is ready (turn over) and give it a go!

Shopping list

* 2 x 2.5kg potatoes - £3.38
* 2 x 4 pack of baking potatoes - £1.96
* Bulb of garlic - 25p
* Bag of onions - 68p
* Red onion - 25p
* Pack of 8 sausages - £1.55
* Bag of frozen peas - 78p
* 300g pack of bacon - £1.75
* 250g pack of streaky smoky bacon - £1.39
* Pack of 750g beef mince - £2.98
* Pack of 500g beef mince - £1.99
* 16 Pepperoni slices from deli counter – 58p
* 325g block of cheese - £1.97
* 150ml single cream - 50p
* Pack of 6 eggs - 80p
* 2 x 500g dried spaghetti - 40p
* 5 tins of chopped tomatoes - £1.55 (31p each)
* Tin of red kidney beans - 38p
* Tub of breadcrumbs - £1.00 (could make your own using the spare 2 bread rolls and save £1.00
* 6 bread rolls – 85p