

# Real Food Real Budget

## Breakfast



## Lunch



## Dinner



# Real Food Cost List

- 2 Free Range Eggs = 30p
- 2 Rashers of Bacon = 40p
- 50g Mixed Nuts = 58p
- 50g Cheddar Cheese = 28p
- 100g Baby Spinach = 63p
- 100g Carrots = 6p
- 100g Courgette = 34p
- 100g Frozen Broccoli = 12p
- 100g Frozen Green Beans = 12p
- 100g Mushrooms = 45p
- 100g Olives = 45p
- 100g Onion = 8p
- 100g Bell Pepper = 16p
- 100g Strawberries = 34p
- 100g Tomatoes = 19p
- 100g Yoghurt = 20p
- 100g Canned Tuna = 58p
- 200g Beef Mince (20% Fat) = 85p
- 200g Whole Chicken = 68p
- 200g Chicken Breast = £1.15
- 200g Lamb Shoulder = £1.40
- 200g Pork Belly = 90p
- 200g Pork Chops = 64p
- 200g Pork Fillet = £1.20
- 200g Whole Mackerel = 70p
- 200g Whole Sardines = 60p

## Top Tips For Real Food On A Real Budget

1. Buy meat and fish from the counters at supermarkets, it's usually cheaper than straight from the fridges. If you can though, go to your local butcher and fish monger as they can be even cheaper.
2. Buy loose fruit and vegetables, it's usually cheaper than pre-packaged fruit and veg but sometimes frozen veg can be cheaper.
3. Also, buy "wonky" vegetables at the supermarket, as they are even cheaper. If you can though, go direct to your local greengrocer or farm shop as they can be even cheaper.
4. Cook in bulk with dishes such as stews and soups, then store in containers for freezing and heating up quickly the next time.
5. Before going shopping, compare foods online for the best prices by looking at how much they cost per kilogram.