

### 3-Day Meal Plans for Two People (Sainsbury's)

This document provides 3-day meal plans for two people based on three different budget tiers: Basic (£15), Balanced (£25), and Premium (£40). Each plan includes a shopping list sourced from Sainsbury's, along with recipes and methods using only fresh ingredients.

#### Basic Plan (£15 Budget)

Shopping List:

- Porridge Oats 1kg - £1.25
- Bananas (6) - £0.90
- Wholemeal Bread - £0.75
- Eggs (6) - £2.20
- Long Grain Rice 1kg - £1.25
- Vegetable Mix 1kg - £1.75
- Lentil Soup 400g - £0.65
- Spaghetti - £1.65
- Tomato & Basil Pasta Sauce - £1.65

#### Basic Plan (£15 Budget) - Day 1

Breakfast: Porridge with banana.

Lunch: Scrambled eggs on toast.

Dinner: Vegetable stir-fry with rice.

## 3-Day Meal Plans for Two People (Sainsbury's)

### Basic Plan (£15 Budget) - Day 2

Breakfast: Boiled eggs with toast.

Lunch: Lentil soup with bread.

Dinner: Spaghetti with vegetable sauce.

### Basic Plan (£15 Budget) - Day 3

Breakfast: Porridge with banana.

Lunch: Egg salad sandwich.

Dinner: Rice with mixed vegetables.

### Balanced Plan (£25 Budget)

Shopping List:

- Porridge Oats 1kg - £1.25

- Bananas (6) - £0.90

- Wholemeal Bread - £0.75

- Eggs (6) - £2.20

- Long Grain Rice 1kg - £1.25

- Vegetable Mix 1kg - £1.75

- Chicken Breast Fillets - £4.42

### 3-Day Meal Plans for Two People (Sainsbury's)

- Spaghetti - £1.65

- Tomato & Basil Pasta Sauce - £1.65

- Lentil Soup 400g - £0.65

#### Balanced Plan (£25 Budget) - Day 1

Breakfast: Porridge with banana.

Lunch: Grilled chicken sandwich.

Dinner: Chicken stir-fry with rice.

#### Balanced Plan (£25 Budget) - Day 2

Breakfast: Scrambled eggs on toast.

Lunch: Lentil soup with bread.

Dinner: Spaghetti with chicken sauce.

#### Balanced Plan (£25 Budget) - Day 3

Breakfast: Boiled eggs with toast.

Lunch: Chicken salad sandwich.

Dinner: Rice with vegetables and chicken.

#### Premium Plan (£40 Budget)

Shopping List:

### **3-Day Meal Plans for Two People (Sainsbury's)**

- Porridge Oats 1kg - £1.25
- Bananas (6) - £0.90
- Wholemeal Bread - £0.75
- Eggs (6) - £2.20
- Long Grain Rice 1kg - £1.25
- Vegetable Mix 1kg - £1.75
- Chicken Breast Fillets - £6.49
- Spaghetti - £1.65
- Tomato & Basil Pasta Sauce - £1.65
- Lentil Soup 400g - £0.65
- Chicken Thigh Fillets - £5.50
- Chicken Wings - £2.19
- Chicken Drumsticks - £2.15
- Chicken Legs - £2.25

#### **Premium Plan (£40 Budget) - Day 1**

Breakfast: Porridge with banana.

### **3-Day Meal Plans for Two People (Sainsbury's)**

Lunch: Grilled chicken sandwich.

Dinner: Baked chicken thighs with rice.

#### **Premium Plan (£40 Budget) - Day 2**

Breakfast: Scrambled eggs on toast.

Lunch: Lentil soup with bread.

Dinner: Spaghetti with grilled chicken.

#### **Premium Plan (£40 Budget) - Day 3**

Breakfast: Boiled eggs with toast.

Lunch: Chicken salad sandwich.

Dinner: Grilled chicken wings with rice.