

The 2,750 *meal plan.*

About 2,800 kcal 179g protein 43g fibre £52.99 a week at Aldi

THE WEEK

PORTIONS: 175G MEAT (RAW), 120G RICE (DRY), 475G POTATOES

	BREAKFAST	SNACK	LUNCH	DINNER
MON	4 eggs, 2 sourdough, avocado	Yoghurt bowl	Chicken, rice	Beef, potatoes
TUE	4 eggs, 2 sourdough, avocado	Yoghurt bowl	Chicken, rice	Salmon, sweet potato
WED	4 eggs, 2 sourdough, avocado	Yoghurt bowl	Chicken, rice	Beef, potatoes
THU	4 eggs, 2 sourdough, avocado	Yoghurt bowl	Tuna, rice	Chicken, fries
FRI	4 eggs, 2 sourdough, avocado	Yoghurt bowl	Chicken, rice	Beef, potatoes
SAT	4 eggs, 2 sourdough, avocado	Yoghurt bowl	Chicken, rice	Mackerel, rice
SUN	4 eggs, 2 sourdough, avocado	Yoghurt bowl	Tuna, rice	Chicken, potatoes

Plus veg with every main meal (broccoli and cherry tomatoes at lunch, carrots and spinach at dinner) and kiwis, a banana and an orange through the day.

THE SHOP

ALDI, 26 OCT 2026 · THE WEEK'S SHARE

ITEM	BUY	WEEK
Chicken breast	2kg bag	£7.53
5% beef mince	2 x 500g, freeze the rest	£5.30
Eggs	2 x 15	£5.32
Tuna in water	4 tins	£2.60
Salmon fillets	4-pack, freeze 3	£1.71
Mackerel in tomato	2 tins	£2.18
Greek yogurt 0%	2 x 1kg	£6.46
Sourdough	2 x 500g	£1.78
Porridge oats	1 x 1kg, lasts 3 weeks	£0.30
Long grain rice	1 x 1kg	£1.20
Baking potatoes	1 x 2.5kg	£1.89
Sweet potatoes	1 x 1kg, lasts 2 weeks	£0.57
Kiwis	3 x 6	£2.78
Bananas	2 x 5	£1.09
Oranges	2 x 5	£1.95
Frozen summer fruits	2 x 500g	£2.23
Avocados	2 x 2	£2.43
Broccoli	2 x 360g	£1.67
Cherry tomatoes	2 x 330g	£1.61
Carrots	2 x 500g	£0.49
Baby spinach	2 x 240g	£1.91
Week		£52.99

COOK

TWICE

Sunday: chicken and beef for Mon and Tue. Freeze Wednesday's.

Tuesday night: move Wednesday's to the fridge.

Wednesday: cook for Thu and Fri. Freeze Saturday's.

Rice: fresh each day. Cool within an hour, eat within 24 hours, reheat once.

Fridge: 2 days max. Reheat until steaming hot.

EVERY DAY

HABITS

Protein at breakfast. Eggs or a yoghurt bowl, never just toast.

Creatine, 3 to 5g.

Vitamin D, 10 micrograms, Oct to Mar.

6 to 8 glasses of water.

SAVE £6.39

SWAPS

Avocado 3 days, not 7

1 kiwi, 2 bananas, no orange

Frozen broccoli and peas

Beef twice, chicken the third