

Below is the prompt (question that I used) to generate the shopping list, meal plans and recipes.

Please give me a fully costed shopping plan, including an ingredient list, shopping at Aldi, to feed a family consisting of 2 adults and 2 children (7 years old and 10 years old). I would like the shopping list to be for 3 meals a day – breakfast, which should be a mixture of cereals or toast, 4 packed lunches (1 for each adult and 1 for each child), and an evening meal. All members of the family eat meat, and the plan should consider a balanced diet. Please include recipes for each meal.

ChatGPT said:

Here's a fully costed weekly meal plan, including a shopping list and recipes, for a family of four (two adults and two children) shopping at Aldi. The plan includes three meals a day: breakfast, packed lunches, and evening meals, ensuring a balanced diet.

Weekly Meal Plan

Breakfasts (7 days)

- Cereal and Milk (5 days)**
 - Options: Cornflakes, Weetabix, or Oats
 - Serve with milk and optional fruit (e.g., banana slices or berries).
- Toast with Spread (2 days)**
 - Options: Peanut butter, jam, or butter
 - Serve with fruit or yogurt on the side.

Packed Lunches (7 days)

- Sandwiches (5 days)**
 - Fillings:** Ham, cheese, or chicken, with lettuce and cucumber.
 - Sides:** Apple slices, carrot sticks, and crisps.
 - Pasta Salad (2 days)**
 - Ingredients:** Cooked pasta, diced chicken, sweetcorn, and a light mayo dressing.
 - Extras for All Lunches:**
 - Yogurt pots
 - Aldi snack bars or rice cakes
 - Fruit (e.g., bananas, apples, or oranges)
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Evening Meals (7 days)

1. **Spaghetti Bolognese (2 days)**
 - **Ingredients:** Minced beef, pasta, tinned tomatoes, onions, garlic, carrots, and Italian seasoning.
 - Serve with a side of garlic bread.
 2. **Chicken Stir Fry (1 day)**
 - **Ingredients:** Chicken breast, stir-fry vegetable mix, soy sauce, and egg noodles.
 3. **Sausage and Mash with Peas (1 day)**
 - **Ingredients:** Pork sausages, potatoes, butter, milk, and frozen peas.
 4. **Fish Fingers, Chips, and Beans (1 day)**
 - **Ingredients:** Frozen fish fingers, frozen chips, and baked beans.
 5. **Curry Night (1 day)**
 - **Ingredients:** Chicken breast, curry sauce (jar), rice, and naan bread.
 6. **Homemade Pizza Night (1 day)**
 - **Ingredients:** Pizza bases, passata, mozzarella, and toppings (pepperoni, mushrooms, or peppers).
 7. **Roast Chicken Dinner (1 day)**
 - **Ingredients:** Whole chicken, potatoes (roasted), frozen mixed vegetables, and gravy.
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Shopping List (Aldi Prices)

Breakfast

- Cornflakes: £1.09
- Milk (4 pints): £1.65
- Peanut butter: £1.19
- Jam: £0.89
- Bread (2 loaves): £1.70
- Bananas (7): £1.05
- Mixed berries (frozen): £2.79

Lunch

- Ham: £1.79
- Cheese block: £2.29
- Chicken slices: £2.19
- Crisps multipack: £1.49
- Apples (6): £1.19
- Carrots (1kg): £0.65
- Yogurt multipack: £1.99
- Pasta (500g): £0.85
- Mayo: £0.85

Evening Meals

- Minced beef (500g): £2.79
- Spaghetti (500g): £0.85
- Tinned tomatoes (2): £0.58
- Onions (1kg): £0.95
- Garlic bulb: £0.49
- Italian seasoning: £0.49
- Chicken breast (1kg): £6.29
- Stir-fry veg: £1.29
- Soy sauce: £0.99
- Egg noodles: £1.59
- Pork sausages: £1.99
- Potatoes (2.5kg): £1.79
- Butter: £1.99
- Frozen peas: £0.95
- Frozen fish fingers (pack): £2.49
- Frozen chips: £1.19
- Baked beans (4-pack): £1.39
- Curry sauce jar: £0.85
- Rice (1kg): £1.59
- Naan bread (2-pack): £0.85
- Pizza bases (2-pack): £1.29
- Passata: £0.65
- Mozzarella: £1.89
- Toppings (pepperoni, mushrooms): £2.50
- Whole chicken: £5.49
- Gravy granules: £0.99
- Frozen mixed veg: £1.19

Estimated Total Cost: £78.88

(Prices may vary slightly based on location.)

ChatGPT then said:

Would you like the full recipes and preparation steps for these meals?

I typed:

Yes, please include full recipes and preparation steps for these meals.

ChatGPT said:

Full Recipes and Preparation Steps

Breakfast Recipes

1. Cereal and Milk

- **Ingredients:**
 - Cereal of choice (Cornflakes, Weetabix, or Oats)
 - Milk
 - Optional: Sliced banana or frozen berries

- **Steps:**

1. Pour cereal into bowls.
2. Add milk to taste.
3. Top with sliced bananas or a handful of thawed berries for added nutrition.

2. Toast with Spread

- **Ingredients:**
 - Bread slices
 - Peanut butter, jam, or butter

- **Steps:**

1. Toast bread slices.
 2. Spread peanut butter, jam, or butter evenly.
 3. Serve with fruit or a small yogurt on the side.
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Packed Lunch Recipes

1. Sandwiches

- **Ingredients:**

- Bread slices
- Fillings: Ham, cheese, or chicken slices
- Lettuce and cucumber

- **Steps:**

1. Layer chosen filling with lettuce and cucumber slices between two bread slices.
2. Cut into halves or quarters.
3. Pack with carrot sticks, an apple, and a yogurt.

2. Pasta Salad

- **Ingredients:**

- Pasta (150g cooked)
- Diced chicken slices
- Sweetcorn
- Light mayo

- **Steps:**

1. Cook pasta according to the package instructions and let it cool.
 2. Mix pasta with diced chicken, sweetcorn, and a spoonful of light mayo.
 3. Pack into a lunch container with a piece of fruit.
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Evening Meal Recipes

1. Spaghetti Bolognese (2 days)

- **Ingredients:**

- 500g minced beef
- 300g spaghetti
- 2 tins chopped tomatoes
- 1 onion, diced
- 2 garlic cloves, minced
- 2 carrots, finely diced
- Italian seasoning

- **Steps:**

1. Heat a pan, add minced beef, and cook until browned.
2. Add onions, garlic, and carrots; cook until softened.
3. Stir in tinned tomatoes and Italian seasoning; simmer for 20 minutes.
4. Cook spaghetti according to the package instructions.
5. Serve Bolognese sauce over spaghetti.

2. Chicken Stir Fry

- **Ingredients:**

- 500g chicken breast, sliced
- 1 pack stir-fry vegetables
- 2 tbsp soy sauce
- 200g egg noodles

- **Steps:**

1. Heat oil in a wok or large pan, cook chicken until golden.
2. Add stir-fry vegetables and cook for 5 minutes.
3. Stir in soy sauce and cooked noodles. Toss to combine and serve.

3. Sausage and Mash with Peas

- **Ingredients:**

- 8 pork sausages
- 1kg potatoes, peeled and chopped
- 50g butter
- 100ml milk
- 200g frozen peas

- **Steps:**

1. Grill or bake sausages until cooked through.
2. Boil potatoes until tender, then mash with butter and milk.
3. Cook peas according to the package instructions.
4. Serve sausages with mash and peas.

4. Fish Fingers, Chips, and Beans

- **Ingredients:**

- 12 fish fingers
- 400g frozen chips
- 1 tin baked beans

- **Steps:**

1. Bake fish fingers and chips according to the package instructions.
2. Heat baked beans in a pan.
3. Serve fish fingers and chips with beans on the side.

5. Curry Night

- **Ingredients:**

- 500g chicken breast, diced
- 1 jar curry sauce
- 300g rice
- 2 naan bread

- **Steps:**

1. Cook chicken in a pan until fully cooked.
2. Add curry sauce and simmer for 10 minutes.
3. Cook rice according to the package instructions.
4. Serve curry with rice and warmed naan bread.

6. Homemade Pizza Night

- **Ingredients:**

- 2 pizza bases
- 1 jar passata
- 200g mozzarella
- Toppings: Pepperoni, mushrooms, or peppers

- **Steps:**

1. Spread passata over pizza bases.
2. Add grated mozzarella and chosen toppings.
3. Bake in the oven at 200°C for 12-15 minutes.

7. Roast Chicken Dinner

- **Ingredients:**

- 1 whole chicken
- 1kg potatoes, peeled and chopped
- 200g frozen mixed vegetables
- Gravy granules

- **Steps:**

1. Roast chicken in the oven as per package instructions.
2. Boil potatoes, then roast in the oven with a little oil until golden.
3. Cook frozen vegetables as instructed.
4. Prepare gravy and serve with carved chicken, roasted potatoes, and vegetables.

ChatGPT then said:

Would you like any adjustments, such as vegetarian substitutions or more details on meal prep tips?

I typed:

Please adjust the plan for a more limited budget

ChatGPT said:

ChatGPT

Here's an adjusted meal plan for a more limited budget while maintaining variety and nutrition. The focus is on affordable ingredients, larger portions of staples, and minimizing processed items.

Updated Weekly Meal Plan

Breakfasts (7 days)

1. **Porridge (4 days)**
 - Made with oats and water or milk, sweetened with a little honey or topped with sliced banana.
 2. **Toast with Spread (3 days)**
 - Options: Butter, jam, or peanut butter.
 - Serve with a piece of fruit for added nutrition.
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Packed Lunches (7 days)

1. **Basic Sandwiches (5 days)**
 - **Fillings:** Egg mayo, cheese, or ham.
 - **Sides:** Carrot sticks, apples, or a piece of homemade flapjack (recipe included).
 2. **Rice Salad (2 days)**
 - **Ingredients:** Cooked rice, mixed vegetables, and a simple dressing.
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Evening Meals (7 days)

1. **Vegetable and Lentil Soup (2 days)**
 - Made with lentils, carrots, onions, potatoes, and stock. Serve with toast or homemade bread.
 2. **Shepherd's Pie (1 day)**
 - **Ingredients:** Minced beef (reduced amount), onions, carrots, and mashed potato topping.
 3. **Egg Fried Rice (1 day)**
 - **Ingredients:** Rice, eggs, frozen peas, and soy sauce.
 4. **Pasta Bake (1 day)**
 - **Ingredients:** Pasta, passata, grated cheese, and a small amount of ham or sausage for flavor.
 5. **Homemade Veggie Curry (1 day)**
 - **Ingredients:** Potatoes, carrots, onions, curry powder, and rice.
 6. **Jacket Potatoes with Beans (1 day)**
 - **Ingredients:** Large potatoes, baked beans, and a small amount of grated cheese.
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Shopping List (Aldi Prices)

Breakfast

- Porridge oats (1kg): £0.85
- Milk (4 pints): £1.65
- Bread (2 loaves): £1.70
- Peanut butter: £1.19
- Jam: £0.89
- Bananas (7): £1.05

Lunch

- Eggs (15-pack): £1.89
- Cheese block: £2.29
- Ham (200g): £1.79
- Carrots (1kg): £0.65
- Apples (6): £1.19
- Rice (1kg): £1.59

Evening Meals

- Minced beef (500g): £2.79
- Potatoes (2.5kg): £1.79
- Frozen mixed vegetables (1kg): £1.29
- Lentils (500g dried): £1.49
- Onions (1kg): £0.95
- Tinned tomatoes (4 tins): £1.16
- Curry powder: £0.85
- Soy sauce: £0.99
- Pasta (500g): £0.85
- Cheese: £2.29
- Baked beans (4-pack): £1.39

Baking Ingredients

- Plain flour (1.5kg): £0.58
- Sugar (500g): £0.69
- Honey: £1.49

Total Cost: £48.31

Recipes and Preparation Steps

1. Porridge

- **Ingredients:** 1 cup oats, 2 cups water or milk, optional banana or honey.
- **Steps:**
 1. Simmer oats in water or milk until thickened.
 2. Top with banana slices or drizzle with honey.

2. Basic Sandwiches

- **Ingredients:** Bread, egg mayo (boiled eggs + mayo), cheese slices, or ham.
- **Steps:**
 1. Spread chosen filling on bread slices.
 2. Pack with carrot sticks or an apple.

3. Lentil and Vegetable Soup

- **Ingredients:** Lentils, carrots, potatoes, onions, stock cube.
- **Steps:**
 1. Sauté onions and carrots, add diced potatoes.
 2. Stir in lentils and water. Simmer until lentils and vegetables are soft.
 3. Blend for a smoother texture or leave chunky.

4. Shepherd's Pie

- **Ingredients:** Minced beef, diced carrots, onions, mashed potatoes.
- **Steps:**
 1. Brown mince with onions and carrots.
 2. Layer in a dish, top with mashed potatoes, and bake until golden.

5. Egg Fried Rice

- **Ingredients:** Rice, eggs, frozen peas, soy sauce.
- **Steps:**
 1. Scramble eggs in a pan, add cooked rice and peas.
 2. Drizzle with soy sauce and stir.

6. Pasta Bake

- **Ingredients:** Pasta, passata, cheese, optional ham or sausage.
- **Steps:**
 1. Cook pasta and mix with passata.
 2. Add diced ham or sausage, top with cheese, and bake.

7. Jacket Potatoes with Beans

- **Ingredients:** Large potatoes, baked beans, cheese.
- **Steps:**
 1. Bake potatoes in the oven or microwave.
 2. Top with warmed baked beans and grated cheese.

8. Homemade Flapjack (*Snack*)

- **Ingredients:** Oats, butter, sugar, honey.
- **Steps:**
 1. Melt butter, sugar, and honey.
 2. Mix with oats and bake in a tray until golden.