

Dinner Ideas

Twenty of the UK's most popular evening meals.
Full macros. Average UK supermarket cost per serving.

20	£0.53	£1.77	3
DINNERS	FROM, AVG. PER SERVING	TO, AVG. PER SERVING	SUPERMARKETS AVERAGED

PREPARED EXCLUSIVELY FOR

Terry Gilchrist Clients & Members

CLIENT & MEMBER EDITION

The nation's favourites, done properly

Twenty of the UK's best-loved dinners, with an average UK supermarket cost, built around protein and real portions.

This guide takes the dishes Britain actually cooks most — bolognese, curry, roast dinner, fish and chips, a proper pie — and works out an average cost for every one of them across three major UK supermarkets, so the price on the page is a realistic one to plan around. Pick one a day and use the recipe page for exactly how to make it, what it costs, and what's in it.

The ground rules

- Buy own-brand. Basics-range mince, pasta, rice and tins are usually the same, or very close, for a lot less.
- Batch cook. A bolognese, chilli or curry sauce freezes well, so double it and save a night's cooking later.
- A whole chicken feeds a family for less per portion than buying fillets for the same meal.
- Cheaper cuts like stewing steak reward a long, slow cook rather than a quick fry.
- Cheap doesn't mean processed. Check labels on pastry, breadcrumbs and wraps for a blended 'vegetable oil', which can mean palm oil.

About the numbers

Each price is an average of researched estimates for the cheapest own-brand or value-range pack at Aldi, Lidl and Asda, current at the time of writing. Your actual shop may run a little above or below this figure — see the where-to-shop pages for how that typically breaks down. Prices vary by store and change often — check the shelf edge label for the figure on the day. This is general information, not personal medical advice.

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IMPORTANT INFORMATION

This guide is general information for Terry Gilchrist Personal Training clients and members. It isn't personalised medical, nutritional or dietary advice, and it doesn't replace guidance from a registered dietitian, doctor or other qualified healthcare professional — particularly if you're pregnant, breastfeeding, managing a medical condition or allergy, or feeding a child. Always check ingredient labels yourself, since brands and formulations change. Nutritional values are estimates based on typical ingredients and will vary. Prices are researched estimates correct at the time of writing; they are not guaranteed or kept up to date after publication, and will vary by store, region and over time — always check the current price before relying on it. Terry Gilchrist Personal Training accepts no liability for loss or inconvenience arising from use of this guide.

Everyday Dinners

Ten of the nation's favourite dinners, averaging £0.53 to £1.77 a portion.

01	Spaghetti Bolognese Lean beef mince in a rich tomato sauce over spaghetti. RECIPE P.5	490 KCAL 30g protein ~£1.34
02	Chicken Tikka Masala Chicken breast in a mild, creamy curry sauce with rice. RECIPE P.6	500 KCAL 38g protein ~£1.10
03	Chilli Con Carne Lean mince, kidney beans and a fist of rice. RECIPE P.7	495 KCAL 31g protein ~£1.66
04	Chicken Fajitas Chicken strips, peppers and onion in wraps with cheese. RECIPE P.8	535 KCAL 41g protein ~£1.77
05	Chicken Stir Fry Chicken, mixed veg and noodles in a light soy sauce. RECIPE P.9	455 KCAL 41g protein ~£1.52
06	Macaroni Cheese Macaroni in a rich cheese sauce, baked until golden. RECIPE P.10	565 KCAL 24g protein ~£0.53
07	Spaghetti Carbonara Spaghetti in a creamy egg and parmesan sauce with bacon. RECIPE P.11	540 KCAL 28g protein ~£1.64
08	Sausage & Mash Good sausages with creamy mash, peas and gravy. RECIPE P.12	540 KCAL 21g protein ~£0.99
09	Chicken Chow Mein Chicken and vegetables tossed with noodles in a savoury sauce. RECIPE P.13	430 KCAL 40g protein ~£1.34
10	Chicken Katsu Curry Breaded chicken breast with a mild curry sauce and rice. RECIPE P.14	595 KCAL 42g protein ~£1.43

Family & Kids Dinners

Ten more of the nation's favourites, built to share and batch-cook.

01	Roast Chicken Dinner	445 KCAL 38g protein ~£1.62
	Roast chicken, potatoes, veg, Yorkshire pudding and gravy. RECIPE P.15	
02	Oven Fish & Chips	465 KCAL 24g protein ~£1.15
	Oven-baked fish fillets with chips and peas. RECIPE P.16	
03	Cottage Pie	390 KCAL 28g protein ~£1.29
	Beef mince and veg in gravy under a mashed potato top. RECIPE P.17	
04	Lasagne	425 KCAL 28g protein ~£1.36
	Beef ragu, white sauce and pasta sheets, baked until bubbling. RECIPE P.18	
05	Toad in the Hole	415 KCAL 24g protein ~£0.91
	Sausages baked in a crisp Yorkshire pudding batter with gravy. RECIPE P.19	
06	Beef Stew & Dumplings	395 KCAL 29g protein ~£1.61
	Diced beef and root veg in gravy, topped with fluffy dumplings. RECIPE P.20	
07	Chicken & Veg Pie	420 KCAL 33g protein ~£1.27
	Chicken and vegetables in a creamy sauce under a golden pastry lid. RECIPE P.21	
08	Chicken Kiev with Wedges	545 KCAL 42g protein ~£1.41
	Homemade chicken kiev with oven wedges and peas. RECIPE P.22	
09	Sausage Casserole	385 KCAL 23g protein ~£1.01
	Sausages simmered with beans and vegetables in a rich tomato sauce. RECIPE P.23	
10	Homemade Pizza	395 KCAL 19g protein ~£0.96
	A pizza base topped with passata, mozzarella and cherry tomatoes. RECIPE P.24	

Spaghetti Bolognese

Britain's favourite pasta dish, full stop.

SERVES 1

PREP 10 MIN

COOK 30 MIN

NUTRITION PER SERVING — ESTIMATE

490

KCAL

30g

PROTEIN

65g

CARBS

12g

FAT

6g

FIBRE

OF WHICH SATURATES

4g

SALT

0.6g

WHY IT'S CHEAP — A batch of sauce made with a full pack of mince stretches to four portions for very little extra effort.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Lean beef mince, 125g	£0.99
Onion, half	£0.06
Carrot, 1 small	£0.04
Chopped tomatoes, 200g	£0.18
Dried spaghetti, 75g	£0.07
AVERAGE TOTAL PER SERVING	£1.34

Ingredients

- 125g lean beef mince (5% fat)
- ½ onion, diced
- 1 garlic clove, crushed
- 1 small carrot, grated
- 200g chopped tomatoes (half a tin)
- 1 tbsp tomato puree
- 1 tsp mixed herbs
- 75g dried spaghetti
- 1 tsp oil

Method

- 1 Heat the oil and soften the onion for 3 minutes. Add the garlic for 30 seconds.
- 2 Add the mince, break it up and brown it for 5 minutes. Drain off any excess fat.
- 3 Stir in the carrot, tomatoes, puree and herbs. Simmer for 20 minutes with the lid half on, stirring now and then.
- 4 Cook the spaghetti for 10 to 11 minutes and drain.
- 5 Serve the sauce over the spaghetti.

Store & prep ahead

Make the sauce in a batch of 4. Cool it fast, keep it in the fridge for 2 days, or freeze single portions for up to 3 months.

Key micronutrients

Iron, zinc and B12 (beef). Lycopene and vitamin C (tomatoes). Vitamin A (carrot).

COACH'S NOTE

Grating the carrot in means it melts into the sauce, adding fibre and vitamins without anyone noticing.

Chicken Tikka Masala

Officially adopted as a British national dish.

SERVES 1

PREP 10 MIN

COOK 25 MIN

NUTRITION PER SERVING — ESTIMATE

500

KCAL

38g

PROTEIN

60g

CARBS

12g

FAT

4g

FIBRE

OF WHICH SATURATES

3g

SALT

0.5g

WHY IT'S CHEAP — Curry powder and a small amount of coconut milk go a long way, so a single tin covers several dinners.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Chicken breast, 150g	£0.76
Onion, half	£0.06
Curry powder, 1 tsp	£0.02
Chopped tomatoes, 100g	£0.09
Coconut milk, 50ml	£0.11
Dried rice, 75g	£0.06
AVERAGE TOTAL PER SERVING	£1.10

Ingredients

- 150g chicken breast, diced
- ½ onion, sliced
- 1 tsp curry powder
- 100g chopped tomatoes
- 50ml coconut milk
- 75g dried rice
- 1 tsp oil

Method

- 1 Heat the oil and soften the onion for 4 minutes. Add the curry powder for 30 seconds.
- 2 Add the chicken and cook for 5 minutes until it turns white on the outside.
- 3 Stir in the tomatoes and coconut milk. Simmer for 12 to 15 minutes, until the chicken has no pink and the juices run clear.
- 4 Cook the rice for 10 to 12 minutes while the curry simmers, and serve together.

Store & prep ahead

Keeps in the fridge for 2 days and freezes well. Cool rice within 1 hour and reheat only once, until steaming hot.

Key micronutrients

Niacin, vitamin B6 and selenium (chicken). Lycopene (tomatoes).

COACH'S NOTE

A jarred curry sauce works just as well if you're short on time. Check the label, since some are over 200 kcal per 125g.

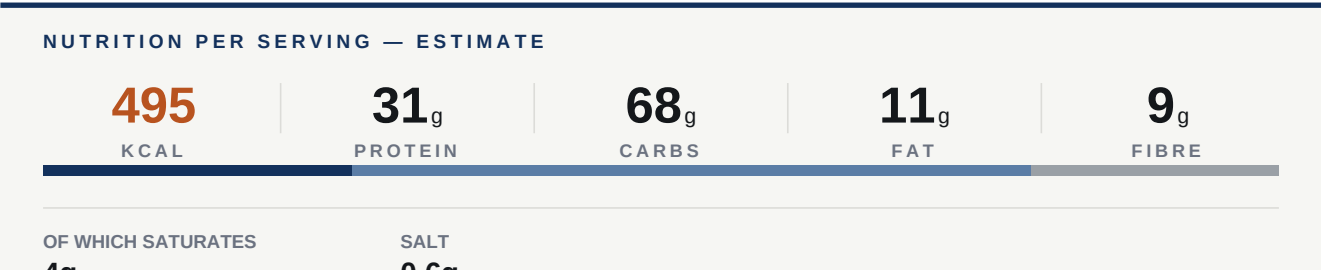
Chilli Con Carne

Better the next day. Perfect for batch cooking.

SERVES 1

PREP 10 MIN

COOK 35 MIN



WHY IT'S CHEAP — A tin of kidney beans bulks out a modest amount of mince into a full, filling bowl.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Lean beef mince, 125g	£0.99
Onion and pepper	£0.29
Chopped tomatoes, 200g	£0.18
Kidney beans, 120g	£0.14
Dried rice, 75g	£0.06
AVERAGE TOTAL PER SERVING	£1.66

Ingredients

- 125g lean beef mince (5% fat)
- ½ onion and ½ pepper, diced
- 1 garlic clove, crushed
- 1 tsp mild chilli powder, 1 tsp cumin
- 200g chopped tomatoes
- 120g kidney beans, drained
- 75g dried rice
- 1 tsp oil

Method

- 1 Fry the onion and pepper in the oil for 5 minutes. Add the garlic for 30 seconds.
- 2 Add the mince and brown it for 5 minutes, breaking it up.
- 3 Stir in the spices for 1 minute, then the tomatoes and beans. Simmer for 20 to 25 minutes until thick.
- 4 Cook the rice while it simmers, and serve.

Store & prep ahead

Cook a batch of 4. Cool quickly and keep in the fridge for 2 days, or freeze for up to 3 months.

Key micronutrients

Iron, zinc and B12 (beef). Folate, magnesium and potassium (beans). Vitamin C (pepper).

COACH'S NOTE

Always use tinned or pre-cooked kidney beans. Raw dried ones are toxic unless boiled properly.

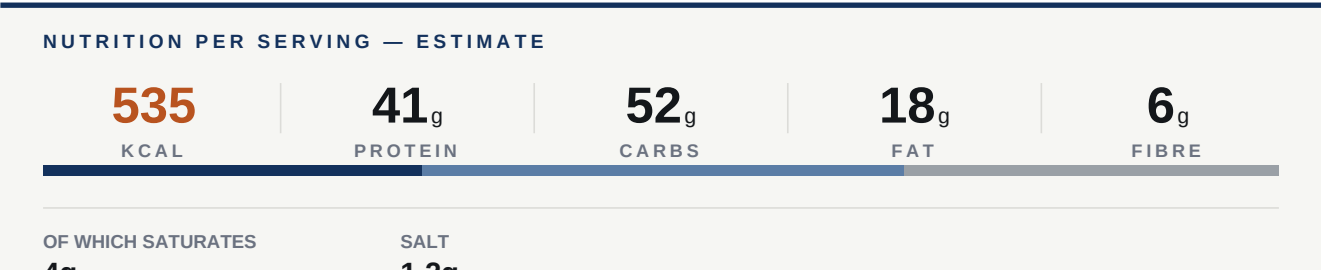
Chicken Fajitas

Sizzling, quick and everyone builds their own.

SERVES 1

PREP 10 MIN

COOK 12 MIN



WHY IT'S CHEAP — A single sachet of fajita seasoning covers three portions, so it works out at pennies each.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Chicken breast, 150g	£0.76
Pepper and onion	£0.52
Fajita seasoning, 1 tbsp	£0.18
Large wraps, 2	£0.21
Cheddar, 20g	£0.09
AVERAGE TOTAL PER SERVING	£1.77

Ingredients

- 150g chicken breast, cut into strips
- 1 pepper and ½ onion, sliced
- 1 tbsp fajita seasoning
- 1 tsp oil
- 2 large wraps
- 20g cheddar, grated

Method

- 1 Toss the chicken in the seasoning and oil.
- 2 Heat a large pan on a high heat. Cook the chicken for 5 to 6 minutes, turning, until golden and cooked through.
- 3 Add the pepper and onion and cook for 4 to 5 minutes until soft but with some bite.
- 4 Warm the wraps for 10 seconds in the microwave and fill with the chicken mix and cheese.

Store & prep ahead

The filling keeps in the fridge for 2 days. Reheat until steaming hot and assemble fresh.

Key micronutrients

Vitamin C (peppers, a very rich source). Niacin, B6 and selenium (chicken). Calcium (cheese).

COACH'S NOTE

A whole pepper and onion between the chicken makes this feel like more food for very little extra cost.

Chicken Stir Fry

Faster than a takeaway, start to finish.

SERVES 1

PREP 10 MIN

COOK 12 MIN

NUTRITION PER SERVING — ESTIMATE

455

KCAL

41g

PROTEIN

48g

CARBS

11g

FAT

6g

FIBRE

OF WHICH SATURATES

1.5g

SALT

1.3g

WHY IT'S CHEAP — A bag of frozen mixed veg is cheaper than buying several fresh vegetables and works just as well here.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Chicken breast, 150g	£0.76
Pepper, 1	£0.46
Frozen peas, 60g	£0.07
Dried egg noodles, 1 nest	£0.16
Soy sauce, 1 tbsp	£0.07
AVERAGE TOTAL PER SERVING	£1.52

Ingredients

- 150g chicken breast, sliced
- 1 pepper, sliced
- 60g frozen peas or mixed veg
- 1 nest dried egg noodles
- 1 tbsp soy sauce
- 1 tsp oil
- 1 garlic clove, crushed

Method

- 1 Cook the noodles as the packet says, then drain and rinse.
- 2 Heat the oil in a hot wok or pan. Cook the chicken for 5 to 6 minutes until there's no pink, then remove.
- 3 Add the pepper and garlic for 2 to 3 minutes, then the peas for 1 to 2 minutes.
- 4 Return the chicken, add the noodles and soy sauce, and toss together for 1 to 2 minutes.

Store & prep ahead

Best eaten fresh. Keeps in the fridge for up to 2 days and reheats well in a hot pan.

Key micronutrients

Niacin, B6 and selenium (chicken). Vitamin C (pepper). Vitamin C and folate (peas).

COACH'S NOTE

Swap in whatever vegetables need using up. Stir fries are forgiving of substitutions.

Macaroni Cheese

The ultimate comfort dinner.

SERVES 1

PREP 10 MIN

COOK 20 MIN

NUTRITION PER SERVING — ESTIMATE

565

KCAL

24_g

PROTEIN

68_g

CARBS

22_g

FAT

3_g

FIBRE

OF WHICH SATURATES

8g

SALT

0.9g

HIGH IN SATURATED FAT

WHY IT'S CHEAP — Butter, flour, milk and cheese are all cheap staples, which is what keeps a dish this rich so affordable.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Macaroni, 100g	£0.09
Butter, 15g	£0.06
Plain flour, 15g	£0.01
Semi-skimmed milk, 200ml	£0.14
Cheddar, 50g	£0.23
AVERAGE TOTAL PER SERVING	£0.53

Ingredients

- 100g macaroni
- 15g butter
- 15g plain flour
- 200ml semi-skimmed milk
- 50g cheddar, grated
- Salt and pepper

Method

- 1 Cook the macaroni for 8 to 9 minutes, or 2 minutes less than the packet says. Drain.
- 2 Melt the butter in a pan, stir in the flour and cook for 1 minute.
- 3 Gradually whisk in the milk, a little at a time, until smooth. Simmer for 3 to 4 minutes, stirring, until thickened.
- 4 Take off the heat and stir in most of the cheese until melted. Season.
- 5 Stir the macaroni through the sauce, top with the rest of the cheese and grill for 5 minutes until golden, or serve straight away.

Store & prep ahead

Keeps in the fridge for 2 days. Reheat with a splash of milk to loosen the sauce.

Key micronutrients

Calcium and vitamin B12 (cheese and milk). Iron and B vitamins (pasta).

COACH'S NOTE

A white sauce made from scratch costs a fraction of a jarred cheese sauce and takes only a few extra minutes.

Spaghetti Carbonara

Four ingredients, done properly.

SERVES 1

PREP 5 MIN

COOK 15 MIN

NUTRITION PER SERVING — ESTIMATE

540

KCAL

28_g

PROTEIN

62_g

CARBS

20_g

FAT

3_g

FIBRE

OF WHICH SATURATES

6g

SALT

1.6g

HIGH IN SATURATED FAT & SALT

WHY IT'S CHEAP — No cream is needed. The egg and starchy pasta water do all the work of a classic carbonara sauce.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Dried spaghetti, 75g	£0.07
Smoked bacon lardons, 50g	£0.56
Large eggs, 2 (1 plus a yolk)	£0.46
Parmesan, 15g	£0.55
AVERAGE TOTAL PER SERVING	£1.64

Ingredients

- 75g dried spaghetti
- 50g smoked bacon lardons
- 1 large egg, plus 1 extra yolk
- 15g parmesan, grated
- Black pepper

Method

- 1 Cook the spaghetti for 10 to 11 minutes, or as the packet says.
- 2 Meanwhile, fry the bacon in a dry pan for 5 to 6 minutes until crisp.
- 3 Whisk the egg, extra yolk and parmesan together with plenty of black pepper.
- 4 Drain the spaghetti, reserving a splash of the cooking water, and add it to the bacon pan off the heat.
- 5 Pour in the egg mixture, tossing quickly so it turns silky rather than scrambled, loosening with the pasta water.

Store & prep ahead

Best eaten immediately. Doesn't keep or reheat well, since the sauce can split.

Key micronutrients

Choline and vitamin B12 (eggs). Vitamin B12 and zinc (bacon). Calcium (parmesan).

COACH'S NOTE

Take the pan off the heat before adding the egg. Too much direct heat scrambles it instead of making a silky sauce.

Sausage & Mash

Comfort food with the portion right.

SERVES 1

PREP 10 MIN

COOK 25 MIN

NUTRITION PER SERVING — ESTIMATE

540

KCAL

21_g

PROTEIN

55_g

CARBS

26_g

FAT

6_g

FIBRE

OF WHICH SATURATES

6g

SALT

1.8g

HIGH IN SATURATED FAT & SALT

WHY IT'S CHEAP — Own-brand sausages and gravy granules taste close to the named brands for a fraction of the price.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Pork sausages, 2	£0.59
Potatoes, 250g	£0.19
Butter and milk	£0.06
Frozen peas, 60g	£0.07
Gravy, 100ml	£0.08
AVERAGE TOTAL PER SERVING	£0.99

Ingredients

- 2 good quality pork sausages
- 250g potatoes, peeled and chopped
- 10g butter and a splash of milk
- 60g frozen peas
- 100ml gravy, made up from granules

Method

- 1 Heat the oven to 200°C (180°C fan). Roast the sausages for 20 to 25 minutes, turning, until browned and cooked through with no pink.
- 2 Boil the potatoes for 15 to 20 minutes until a fork goes in easily.
- 3 Boil the peas for the last 3 minutes.
- 4 Drain the potatoes, add the butter and milk and mash until smooth. Season.
- 5 Make the gravy and plate everything up.

Store & prep ahead

Mash and sausages keep in the fridge for 2 days. Reheat the mash with a splash of milk.

Key micronutrients

Vitamin B12, zinc and thiamin (pork). Potassium and vitamin C (potato). Vitamin C and folate (peas).

COACH'S NOTE

Two sausages keeps this in budget. Lean or chicken sausages bring the fat down further.

Chicken Chow Mein

The takeaway order, made for a fraction of the price.

SERVES 1

PREP 10 MIN

COOK 10 MIN

NUTRITION PER SERVING — ESTIMATE

430

KCAL

40_g

PROTEIN

45_g

CARBS

10_g

FAT

5_g

FIBRE

OF WHICH SATURATES

1.5g

SALT

1.3g

WHY IT'S CHEAP — A bag of pre-shredded stir fry veg or a small cabbage covers several dinners for very little.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Chicken breast, 150g	£0.76
Dried egg noodles, 1 nest	£0.16
Pepper, half	£0.23
Spring onions, 2	£0.11
Soy sauce, 1 tbsp	£0.07
AVERAGE TOTAL PER SERVING	£1.34

Ingredients

- 150g chicken breast, sliced
- 1 nest dried egg noodles
- ½ pepper, sliced
- 2 spring onions, sliced
- 60g beansprouts or shredded cabbage
- 1 tbsp soy sauce
- 1 tsp oil

Method

- 1 Cook the noodles as the packet says, then drain and rinse.
- 2 Heat the oil in a hot wok. Cook the chicken for 5 to 6 minutes until there's no pink, then remove.
- 3 Add the pepper and cabbage or beansprouts for 2 to 3 minutes.
- 4 Return the chicken, add the noodles, soy sauce and spring onion, and toss for 1 to 2 minutes.

Store & prep ahead

Best eaten fresh. Keeps in the fridge for up to 2 days.

Key micronutrients

Niacin, B6 and selenium (chicken). Vitamin C (pepper and cabbage).

COACH'S NOTE

Chow mein and stir fry are close cousins, so feel free to swap the vegetables for whatever's in the fridge.

Chicken Katsu Curry

The Japanese-British crossover everyone loves.

SERVES 1

PREP 15 MIN

COOK 20 MIN

NUTRITION PER SERVING — ESTIMATE

595

KCAL

42g

PROTEIN

62g

CARBS

20g

FAT

3g

FIBRE

OF WHICH SATURATES

4g

SALT

0.9g

WHY IT'S CHEAP — A tin of coconut milk covers the sauce for several dinners, since only a splash is needed each time.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Chicken breast, 150g	£0.76
Flour, egg and panko	£0.32
Onion, half	£0.06
Curry powder, 1 tsp	£0.02
Coconut milk, 100ml	£0.21
Dried rice, 75g	£0.06
AVERAGE TOTAL PER SERVING	£1.43

Ingredients

- 1 chicken breast (about 150g)
- 1 tbsp plain flour
- 1 large egg, beaten
- 30g panko breadcrumbs
- ½ onion, sliced
- 1 tsp curry powder
- 100ml coconut milk
- 75g dried rice
- 1 tsp oil, plus extra for frying

Method

- 1 Flatten the chicken breast slightly. Coat in flour, then egg, then panko breadcrumbs.
- 2 Heat a little oil in a pan and fry the chicken for 4 to 5 minutes each side until golden and cooked through with no pink.
- 3 Meanwhile, soften the onion in 1 tsp oil for 4 minutes. Stir in the curry powder for 30 seconds, then the coconut milk. Simmer for 8 to 10 minutes.
- 4 Cook the rice while the sauce simmers.
- 5 Slice the chicken and serve over the rice with the sauce poured over.

Store & prep ahead

Best eaten fresh. The sauce keeps in the fridge for 2 days and can be reheated separately.

Key micronutrients

Niacin, vitamin B6 and selenium (chicken). Choline (egg).

COACH'S NOTE

Panko gives a lighter, crunchier coating than ordinary breadcrumbs, and it's baked or shallow-fried here rather than deep-fried.

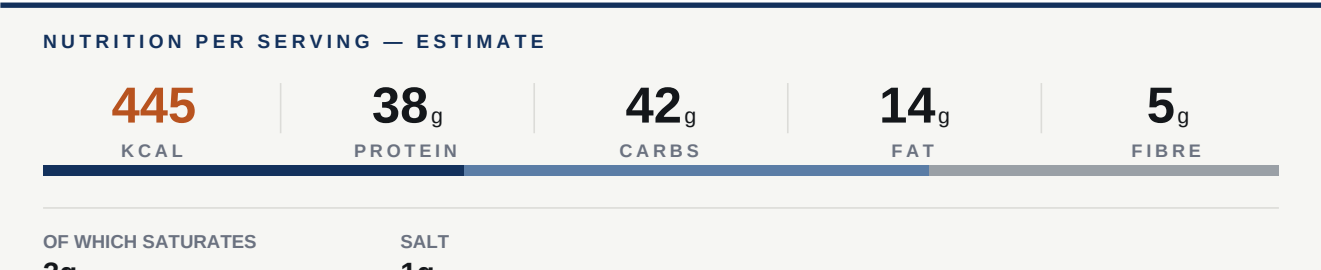
Roast Chicken Dinner

The nation's Sunday, any day of the week.

SERVES 4

PREP 15 MIN

COOK 1 HR 15 MIN



WHY IT'S CHEAP — One whole chicken between four is far cheaper per portion than buying breast fillets for the same meal.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Whole chicken, 1.5kg	£1.12
Potatoes, 1kg	£0.19
Yorkshire puddings, 4	£0.20
Broccoli or carrots, 400g	£0.06
Gravy, 4 tbsp	£0.05
AVERAGE TOTAL PER SERVING	£1.62

Ingredients

- 1 whole chicken (about 1.5kg) (whole batch)
- 1kg potatoes, peeled and quartered (whole batch)
- 2 tbsp oil (whole batch)
- 4 frozen Yorkshire puddings (whole batch)
- 400g broccoli or carrots (whole batch)
- 4 tbsp gravy granules (whole batch)

Method

- 1 Heat the oven to 190°C (170°C fan). Season the chicken and roast for 20 minutes per 500g plus 20 minutes, until the juices run clear and there's no pink at the thickest part (75°C in the middle). Rest for 15 minutes.
- 2 Toss the potatoes in the oil and roast alongside for the last 45 to 50 minutes, turning halfway.
- 3 Bake the Yorkshire puddings for the last 12 to 15 minutes, or as the pack says.
- 4 Steam or boil the veg for 5 to 6 minutes and make the gravy.
- 5 Carve the chicken and serve everything together.

Store & prep ahead

Leftover chicken keeps in the fridge for 2 days, or freeze for up to 2 months. Carcass makes a good stock.

Key micronutrients

Niacin, vitamin B6 and selenium (chicken). Potassium and vitamin C (potato). Vitamin K and C (broccoli).

COACH'S NOTE

Take the skin off before eating to save a fair bit of fat, or leave it on for the once-a-week treat.

Oven Fish & Chips

Friday night, no chip shop required.

SERVES 4

PREP 5 MIN

COOK 30 MIN

NUTRITION PER SERVING — ESTIMATE

465

KCAL

24_g

PROTEIN

58_g

CARBS

15_g

FAT

5_g

FIBRE

OF WHICH SATURATES

2g

SALT

1.4g

WHY IT'S CHEAP — Own-brand breaded fish and oven chips taste close to named brands for noticeably less.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Breaded fish fillets, 4 (whole batch)	£0.88
Oven chips, 700g (whole batch)	£0.20
Frozen peas, 240g (whole batch)	£0.07
AVERAGE TOTAL PER SERVING	£1.15

Ingredients

- 4 breaded fish fillets (about 600g total) (whole batch)
- 700g oven chips (whole batch)
- 240g frozen peas (whole batch)
- Malt vinegar and salt (whole batch)

Method

- Heat the oven to 220°C (200°C fan). Spread the chips on a tray in a single layer and bake for 25 to 30 minutes, turning halfway.
- Add the fish to a second tray for the last 20 minutes, or as the pack says, until piping hot all the way through.
- Boil the peas for 3 minutes.
- Serve with vinegar and salt.

Store & prep ahead

Best eaten fresh. Reheat leftover chips in the oven or air fryer, not the microwave.

Key micronutrients

Iodine, selenium and B12 (fish). Vitamin C and K (peas). Potassium (potato).

COACH'S NOTE
Plain baked fish instead of breaded saves a little fat and adds protein, if you'd rather.

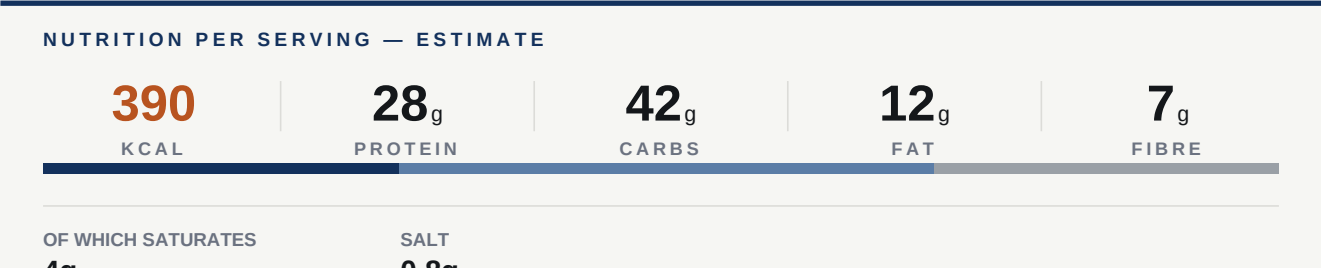
Cottage Pie

Mince, gravy and a mash lid.

SERVES 4

PREP 20 MIN

COOK 45 MIN



WHY IT'S CHEAP — A single pack of mince stretched with vegetables and mash easily covers four generous portions.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Lean beef mince, 500g (whole batch)	£0.82
Onion and carrots (whole batch)	£0.10
Beef stock and puree (whole batch)	£0.09
Potatoes, 1kg (whole batch)	£0.19
Butter and milk (whole batch)	£0.02
Frozen peas, 240g (whole batch)	£0.07
AVERAGE TOTAL PER SERVING	£1.29

Ingredients

- 500g lean beef mince (5% fat) (whole batch)
- 1 onion and 2 carrots, diced (whole batch)
- 2 tbsp tomato puree (whole batch)
- 400ml beef stock (whole batch)
- 1kg potatoes, peeled (whole batch)
- 20g butter and a splash of milk (whole batch)
- 240g frozen peas (whole batch)

Method

- 1 Boil the potatoes for 15 to 20 minutes until tender.
- 2 Meanwhile fry the onion and carrots for 5 minutes. Add the mince and brown for 5 to 6 minutes.
- 3 Stir in the puree, stock and peas. Simmer for 15 minutes until thick.
- 4 Drain the potatoes and mash with the butter and milk.
- 5 Spoon the mince into a large ovenproof dish, top with the mash and fork the surface. Bake at 200°C (180°C fan) for 20 minutes until golden.

Store & prep ahead

Cool completely, then keep in the fridge for 2 days, or freeze in portions for up to 3 months.

Key micronutrients

Iron, zinc and B12 (beef). Vitamin A (carrot). Potassium and vitamin C (potato).

COACH'S NOTE

Forking the mash before baking gives it crisp, golden ridges, which is most of the appeal of a good cottage pie.

Lasagne

Layers of comfort, worth the effort.

SERVES 4

PREP 20 MIN

COOK 50 MIN

NUTRITION PER SERVING — ESTIMATE

425

KCAL

28g

PROTEIN

40g

CARBS

17g

FAT

4g

FIBRE

OF WHICH SATURATES

7g

SALT

1g

HIGH IN SATURATED FAT

WHY IT'S CHEAP — No pre-cook lasagne sheets and a homemade sauce keep this well within reach of a weeknight, not just a weekend project.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Lean beef mince, 400g (whole batch)	£0.66
Onion and garlic (whole batch)	£0.08
Passata, 600g (whole batch)	£0.14
Lasagne sheets (whole batch)	£0.22
Butter and flour (whole batch)	£0.04
Milk, 600ml (whole batch)	£0.10
Cheddar, 100g (whole batch)	£0.12
AVERAGE TOTAL PER SERVING	£1.36

Ingredients

- 400g lean beef mince (5% fat) (whole batch)
- 1 onion, diced (whole batch)
- 2 garlic cloves, crushed (whole batch)
- 600g passata (whole batch)
- 8 dried lasagne sheets (whole batch)
- 40g butter and 40g plain flour (whole batch)
- 600ml semi-skimmed milk (whole batch)
- 100g cheddar, grated (whole batch)

Method

- 1 Fry the onion for 4 minutes, add the garlic for 30 seconds, then the mince. Brown for 6 to 8 minutes.
- 2 Stir in the passata and simmer for 15 minutes.
- 3 Meanwhile make a white sauce: melt the butter, stir in the flour and cook for 1 minute, then gradually whisk in the milk until smooth. Simmer for 3 to 4 minutes until thickened.
- 4 Layer the meat sauce, lasagne sheets and white sauce in a large dish, finishing with white sauce and cheese.
- 5 Bake at 190°C (170°C fan) for 30 to 35 minutes until golden and bubbling.

Store & prep ahead

Cool completely and keep in the fridge for 2 days, or freeze in portions for up to 3 months.

Key micronutrients

Iron, zinc and B12 (beef). Calcium (cheese and white sauce). Lycopene (passata).

COACH'S NOTE

A homemade white sauce costs far less than a carton of ready-made version.

Toad in the Hole

A proper British classic.

SERVES 4

PREP 10 MIN

COOK 35 MIN

NUTRITION PER SERVING — ESTIMATE

415

KCAL

24_g

PROTEIN

30_g

CARBS

22_g

FAT

2_g

FIBRE

OF WHICH SATURATES

5g

SALT

1.7g

HIGH IN SATURATED FAT & SALT

WHY IT'S CHEAP — Batter made from flour, eggs and milk costs almost nothing next to the sausages, which is most of the bill.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Pork sausages, 8 (whole batch)	£0.59
Plain flour, 140g (whole batch)	£0.01
Large eggs, 4 (whole batch)	£0.23
Milk, 200ml (whole batch)	£0.03
Gravy, 4 tbsp (whole batch)	£0.05
AVERAGE TOTAL PER SERVING	£0.91

Ingredients

- 8 good quality pork sausages (whole batch)
- 140g plain flour (whole batch)
- 4 large eggs (whole batch)
- 200ml semi-skimmed milk (whole batch)
- 2 tbsp oil (whole batch)
- 4 tbsp gravy granules (whole batch)

Method

- 1 Heat the oven to 220°C (200°C fan). Put the oil in a large roasting tin and heat it in the oven for 5 minutes.
- 2 Whisk the flour, eggs and milk into a smooth batter and rest for 10 minutes.
- 3 Add the sausages to the hot tin and roast for 10 minutes.
- 4 Pour the batter around the sausages and bake for 20 to 25 minutes, without opening the oven door, until risen and golden.
- 5 Serve with gravy.

Store & prep ahead

Best eaten fresh, straight from the oven, since the batter softens on standing.

Key micronutrients

Vitamin B12, thiamin and zinc (pork). Choline (eggs). Calcium (milk).

COACH'S NOTE

A very hot tin and oil are the secret to a proper rise. Don't open the oven door while it bakes.

Beef Stew & Dumplings

A Sunday-afternoon simmer.

SERVES 4

PREP 20 MIN

COOK 2 HR

NUTRITION PER SERVING — ESTIMATE

395

KCAL

29_g

PROTEIN

38_g

CARBS

14_g

FAT

6_g

FIBRE

OF WHICH SATURATES

5g

SALT

0.9g

HIGH IN SATURATED FAT

WHY IT'S CHEAP — A cheaper cut of beef and a bag of root veg feeds four for a fraction of the cost of a quick-fry steak.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Diced beef, 500g (whole batch)	£1.12
Onions, carrots and swede (whole batch)	£0.29
Flour and stock (whole batch)	£0.10
Dumpling flour and suet (whole batch)	£0.10
AVERAGE TOTAL PER SERVING	£1.61

Ingredients

- 500g diced beef (stewing steak) (whole batch)
- 2 onions and 3 carrots, chopped (whole batch)
- 1 swede, chopped (whole batch)
- 2 tbsp plain flour (whole batch)
- 600ml beef stock (whole batch)
- 150g self-raising flour and 75g suet, for dumplings (whole batch)

Method

- 1 Toss the beef in the 2 tbsp flour. Brown in batches in a large pan or casserole dish for 5 minutes, then set aside.
- 2 Fry the onion, carrots and swede for 5 minutes. Return the beef, add the stock and bring to a simmer.
- 3 Cover and cook on a low heat, or in the oven at 160°C (140°C fan), for 1 hour 30 minutes until the beef is tender.
- 4 Mix the self-raising flour and suet with a pinch of salt and enough cold water to make a soft dough. Shape into 8 small balls.
- 5 Add the dumplings to the stew for the last 20 minutes, covered, until well risen and cooked through.

Store & prep ahead

Keeps in the fridge for 2 days and freezes well (without the dumplings, which are best made fresh).

Key micronutrients

Iron, zinc and B12 (beef). Vitamin A (carrot). Vitamin C (swede).

COACH'S NOTE

Stewing steak needs the long, slow cook to become tender. It's a cheaper cut than steak for frying, but it rewards patience.

Chicken & Veg Pie

A proper pie, not a service-station one.

SERVES 4

PREP 20 MIN

COOK 35 MIN

NUTRITION PER SERVING — ESTIMATE

420

KCAL

33g

PROTEIN

32g

CARBS

18g

FAT

4g

FIBRE

OF WHICH SATURATES

6g

SALT

1g

HIGH IN SATURATED FAT

WHY IT'S CHEAP — One sheet of pastry covers a whole family pie, which works out far cheaper than four individual shop pies.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Chicken breast, 500g (whole batch)	£0.63
Onion and carrots (whole batch)	£0.08
Frozen peas, 240g (whole batch)	£0.07
Butter, flour and milk (whole batch)	£0.13
Puff pastry, 1 sheet (whole batch)	£0.29
Egg, 1, to glaze (whole batch)	£0.06
AVERAGE TOTAL PER SERVING	£1.27

Ingredients

- 500g chicken breast, diced (whole batch)
- 1 onion and 2 carrots, diced (whole batch)
- 240g frozen peas (whole batch)
- 40g butter and 40g plain flour (whole batch)
- 500ml semi-skimmed milk (whole batch)
- 1 sheet ready-rolled puff pastry (whole batch)
- 1 egg, beaten, to glaze (whole batch)

Method

- 1 Fry the chicken, onion and carrots for 8 to 10 minutes, until the chicken has no pink.
- 2 Melt the butter in a separate pan, stir in the flour and cook for 1 minute, then whisk in the milk gradually until smooth. Simmer for 3 to 4 minutes until thickened.
- 3 Stir the sauce and peas through the chicken mix and tip into a large pie dish.
- 4 Top with the pastry, trim the edges and brush with the beaten egg. Cut a small slit in the top.
- 5 Bake at 200°C (180°C fan) for 20 to 25 minutes until golden and the chicken is cooked through.

Store & prep ahead

Keeps in the fridge for 2 days. Reheat until piping hot all the way through.

Key micronutrients

Niacin, vitamin B6 and selenium (chicken). Vitamin A (carrot). Calcium (milk).

COACH'S NOTE

A shop-bought sheet of pastry saves time without much extra cost, and gives just as good a result as making your own.

Chicken Kiev with Wedges

Garlic butter, all the way through.

SERVES 4

PREP 25 MIN

COOK 30 MIN

NUTRITION PER SERVING — ESTIMATE

545

KCAL

42g

PROTEIN

45g

CARBS

22g

FAT

5g

FIBRE

OF WHICH SATURATES

6g

SALT

1.1g

HIGH IN SATURATED FAT

WHY IT'S CHEAP — Making your own kiev's costs much less than the ready-made version for a similar result.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Chicken breasts, 4 (whole batch)	£0.91
Butter, garlic and parsley (whole batch)	£0.12
Flour, egg and panko (whole batch)	£0.12
Potatoes, 1kg (whole batch)	£0.19
Frozen peas, 240g (whole batch)	£0.07
AVERAGE TOTAL PER SERVING	£1.41

Ingredients

- 4 chicken breasts (whole batch)
- 60g butter, softened, with 2 garlic cloves crushed and parsley (whole batch)
- 30g plain flour, 1 egg, 60g panko breadcrumbs (whole batch)
- 1kg potatoes, cut into wedges (whole batch)
- 2 tsp oil (whole batch)
- 240g frozen peas (whole batch)

Method

- 1 Mix the softened butter with the garlic and parsley. Chill for 10 minutes until firm.
- 2 Cut a deep pocket into each chicken breast and stuff with the garlic butter. Seal the opening as best you can.
- 3 Coat each breast in flour, then beaten egg, then panko breadcrumbs.
- 4 Toss the wedges in the oil and roast at 200°C (180°C fan) for 30 to 35 minutes, turning halfway.
- 5 Bake the chicken alongside for the last 25 to 30 minutes, until golden and cooked through with no pink. Boil the peas for the last 3 minutes and serve.

Store & prep ahead

Best eaten fresh. Uncooked, breaded chicken can be frozen for up to 2 months.

Key micronutrients

Niacin, vitamin B6 and selenium (chicken). Vitamin A (garlic butter). Potassium and vitamin C (potato).

COACH'S NOTE

Baked rather than deep-fried, this has a fraction of the oil of a takeaway or ready-made version.

Sausage Casserole

A one-pot dinner that looks after itself.

SERVES 4

PREP 15 MIN

COOK 40 MIN

NUTRITION PER SERVING — ESTIMATE

385

KCAL

23g

PROTEIN

28g

CARBS

20g

FAT

8g

FIBRE

OF WHICH SATURATES

4g

SALT

1.4g

WHY IT'S CHEAP — Tinned tomatoes and beans bulk this out generously, so eight sausages easily feed four.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Pork sausages, 8 (whole batch)	£0.59
Onion and carrots (whole batch)	£0.08
Kidney beans, 1 tin (whole batch)	£0.11
Chopped tomatoes, 2 tins (whole batch)	£0.17
Stock (whole batch)	£0.05
AVERAGE TOTAL PER SERVING	£1.01

Ingredients

- 8 good quality pork sausages (whole batch)
- 1 onion and 2 carrots, chopped (whole batch)
- 1 tin kidney beans, drained (whole batch)
- 2 tins chopped tomatoes (whole batch)
- 300ml chicken or vegetable stock (whole batch)
- 1 tsp mixed herbs (whole batch)

Method

- 1 Brown the sausages in a large pan for 5 to 6 minutes, then set aside.
- 2 Fry the onion and carrots in the same pan for 5 minutes.
- 3 Return the sausages, add the beans, tomatoes, stock and herbs. Simmer for 30 minutes, until the sausages have no pink and the sauce has thickened.
- 4 Serve as is, or with a side of mash or crusty bread.

Store & prep ahead

Keeps in the fridge for 2 days and freezes well for up to 3 months.

Key micronutrients

Vitamin B12, thiamin and zinc (pork). Folate and iron (beans). Lycopene (tomatoes).

COACH'S NOTE

A proper one-pot dinner, with almost no washing up beyond the single pan.

Homemade Pizza

Friday night takeaway, made from scratch.

SERVES 4

PREP 10 MIN

COOK 15 MIN

NUTRITION PER SERVING — ESTIMATE

395

KCAL

19g

PROTEIN

48g

CARBS

14g

FAT

3g

FIBRE

OF WHICH SATURATES

5g

SALT

1.2g

HIGH IN SATURATED FAT

WHY IT'S CHEAP — A carton of passata and a couple of balls of mozzarella between two pizzas keeps this well under the price of one takeaway pizza.

Cost breakdown — average per serving, cheapest own-brand or value-range item

INGREDIENT	AVG. COST
Pizza bases, 2 (whole batch)	£0.24
Passata, 300g (whole batch)	£0.07
Mozzarella, 250g (whole batch)	£0.43
Cherry tomatoes, 200g (whole batch)	£0.21
AVERAGE TOTAL PER SERVING	£0.96

Ingredients

- 2 ready-made pizza bases (whole batch)
- 300g passata (whole batch)
- 250g mozzarella, torn (whole batch)
- 200g cherry tomatoes, sliced (whole batch)
- A pinch of dried oregano (whole batch)

Method

- 1 Heat the oven as hot as it will go, ideally 220 to 240°C (200 to 220°C fan), with a tray inside to heat up.
- 2 Spread the passata over each base, leaving a small border.
- 3 Top with the mozzarella and cherry tomatoes.
- 4 Slide onto the hot tray and bake for 10 to 12 minutes until the crust is golden and the cheese is bubbling.
- 5 Scatter with oregano, slice and serve.

Store & prep ahead

Best eaten fresh. Leftover slices keep in the fridge for a day and reheat well in a hot oven.

Key micronutrients

Calcium and vitamin B12 (mozzarella). Lycopene and vitamin C (passata and tomatoes).

COACH'S NOTE

Two shop-bought bases between four is an easy way to get most of the way to a takeaway without the cost or the wait.

Where to shop

The cheapest pack of every ingredient used in this guide, with an average UK price.

Each price is the average of researched estimates for the cheapest own-brand or value-range pack at Aldi, Lidl and Asda, current at the time of writing. Individual shops will run a little above or below this figure — see the notes on the next page for how that typically breaks down. Prices vary by store, region and time of year and change often, so treat every figure here as a guide and check the shelf edge label for the price on the day.

STAPLE	PACK SIZE	AVG. PRICE
Lean beef mince (5% fat)	500g pack	£3.29
Dried pasta	500g bag	£0.45
Kidney beans	400g tin	£0.45
Chopped tomatoes	400g tin	£0.35
Fajita seasoning	sachet	£0.56
Large wraps	8-pack	£0.86
Dried rice	1kg bag	£0.85
Dried egg noodles	300g (nests)	£0.66
Reduced-salt soy sauce	150ml bottle	£0.66
Chicken breast fillets	650g pack	£3.29
Macaroni	500g bag	£0.45
Mild cheddar	400g block	£1.88
Smoked bacon lardons	150g pack	£1.68
Parmesan, grated	40g pot	£1.47
Good quality pork sausages	6-pack	£1.78
Panko breadcrumbs	200g bag	£0.86
Curry powder, mild	small tub	£0.66
Coconut milk	400ml tin	£0.86
Onions	loose, per kg	£0.81
Peppers	each, loose	£0.46
Butter	250g block	£0.99
Semi-skimmed milk	4 pints (2.27L)	£1.55
Cod or basa fillets	2-pack (about 240g)	£3.54
Oven chips	1kg bag	£1.15
Frozen peas	800g bag	£0.95
Gravy granules	200g tub	£0.66
Ready-rolled puff pastry	320g sheet	£1.17
Ready-rolled shortcrust pastry	320g sheet	£1.17
Self-raising flour	1.5kg bag	£0.55
Suet	200g box	£0.96
Diced beef (stewing steak)	500g pack	£4.49
Ready-made pizza bases	2-pack	£0.96
Passata	500g carton	£0.46
Mozzarella	125g ball	£0.86
Large eggs	6-pack	£1.35
Plain flour	1.5kg bag	£0.45
Cherry tomatoes	200g punnet	£0.86

A few notes on the numbers

How the average price and quality columns were worked out.

A few notes on price

- Every price on these pages is an average of three researched estimates, for Aldi, Lidl and Asda.
- Mince, chicken, fish, milk, tinned tomatoes, beans, pasta and rice are Asda price-matched lines, so the average is close to the exact price at any of the three.
- Cheddar, sausages, pastry and mozzarella sit outside that scheme, so Asda tends to run a little above the average and Aldi or Lidl a little below.
- These are researched estimates, not live prices, so treat every figure as a guide and check the shelf edge label for the price on the day.

A few notes on quality

Mince, chicken, fish, tinned tomatoes, beans, pasta, rice and dairy all carry no palm oil risk. Pastry, panko breadcrumbs, pizza bases and wraps are worth the usual label check — look for 'vegetable oil', which can mean a palm oil blend in the cheapest lines. Sausages are a processed meat, so toad in the hole and sausage casserole are worth keeping to a few times a week rather than every night, same as anywhere else in this series.