

Breakfast

Ideas

Thirty meals: everyday, family & kids, and weekend menus.
Full macros. Average UK supermarket cost per serving.

30	£0.20	£2.84	3
BREAKFASTS	FROM, AVG. PER SERVING	TO, AVG. PER SERVING	SUPERMARKETS AVERAGED

PREPARED EXCLUSIVELY FOR

Terry Gilchrist Clients & Members

CLIENT & MEMBER EDITION

Healthy doesn't have to cost more

Thirty breakfasts, including family & kids and weekend menus, with an average UK supermarket cost, built around protein and fibre rather than sugar.

This guide leans on the same handful of budget staples — oats, eggs, bread, milk, yoghurt and frozen fruit — 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 breakfast 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 eggs, oats, bread and beans are usually the same, or very close, for a lot less.
- Buy in bulk. A big bag or a dozen eggs is cheaper per portion than a small pack.
- Batch cook. Boil six eggs or bake a tray of muffin cups and the oven cost is shared.
- Frozen fruit costs less than fresh, keeps for months, and is frozen at its best.
- Cheap doesn't mean processed. None of these recipes need a spread, margarine or flavoured cereal bar — usually where palm oil and long ingredient lists creep in.

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 Breakfasts

Ten healthy breakfasts, averaging £0.21 to £1.50 a portion. Pick one a day.

- | | | |
|-----------|--|---|
| 01 | Porridge & Banana
Oats made with milk and topped with sliced banana.
RECIPE P.6 | 395 KCAL
16g protein
~£0.33 |
| 02 | Scrambled Eggs on Toast
Two creamy scrambled eggs on wholemeal toast.
RECIPE P.7 | 365 KCAL
21g protein
~£0.56 |
| 03 | Boiled Eggs & Soldiers
Two dipping eggs with buttered toast fingers.
RECIPE P.8 | 350 KCAL
20g protein
~£0.55 |
| 04 | Beans on Toast & Egg
Beans on wholemeal toast with a boiled egg.
RECIPE P.9 | 400 KCAL
24g protein
~£0.48 |
| 05 | Peanut Butter & Banana Toast
Wholemeal toast with peanut butter and sliced banana.
RECIPE P.10 | 390 KCAL
13g protein
~£0.21 |
| 06 | Weetabix, Milk & Banana
Two Weetabix with milk and a sliced banana.
RECIPE P.11 | 330 KCAL
13g protein
~£0.33 |
| 07 | Bran Flakes, Milk & Berries
Bran flakes with semi-skimmed milk and berries.
RECIPE P.12 | 305 KCAL
14g protein
~£0.52 |
| 08 | Egg Muffin Cups
Baked egg cups with spinach, pepper and cheese. Makes 6, serves 2.
RECIPE P.13 | 455 KCAL
31g protein
~£1.50 |
| 09 | Yoghurt, Oats & Honey Bowl
Natural yoghurt with a spoon of oats, banana and honey.
RECIPE P.14 | 260 KCAL
9g protein
~£0.36 |
| 10 | Berry Overnight Oats
Oats soaked overnight in milk and Greek yoghurt, topped with berries.
RECIPE P.15 | 340 KCAL
20g protein
~£0.59 |

Family & Kids Breakfasts

Ten more, built to share — fun to make, easy to batch, and just as cheap.

01	Fluffy Family Pancakes	290 KCAL 9g protein ~£0.29
	Small pancakes with banana and a light honey drizzle. Makes about 12. RECIPE P.16	
02	French Toast Fingers	165 KCAL 8g protein ~£0.32
	Cinnamon French toast cut into fingers, with fruit for dipping. RECIPE P.17	
03	Cheesy Egg Wrap Rollups	290 KCAL 23g protein ~£0.35
	Scrambled egg and cheese rolled in a wrap, sliced into rounds. RECIPE P.18	
04	Berry Swirl Porridge	345 KCAL 13g protein ~£0.35
	Creamy porridge with a mashed berry swirl stirred through. RECIPE P.19	
05	Banana & Oat Breakfast Muffins	285 KCAL 12g protein ~£0.20
	Oaty banana muffins with no added sugar beyond the fruit. Makes 12. RECIPE P.20	
06	Beans & Cheese Melts	265 KCAL 20g protein ~£0.21
	Baked beans and melted cheese on toast, cut into soldiers. RECIPE P.21	
07	Breakfast Pizza Toast	220 KCAL 15g protein ~£0.26
	Toast topped with passata, cheese and cherry tomatoes, grilled until bubbling. RECIPE P.22	
08	Yoghurt & Fruit Breakfast Pots	205 KCAL 11g protein ~£0.34
	Layered yoghurt, oats and fruit in a jar or pot. RECIPE P.23	
09	Egg & Cheese Muffin Melts	250 KCAL 16g protein ~£0.47
	Toasted English muffins with egg and melted cheese. RECIPE P.24	
10	Banana Breakfast Smoothie	255 KCAL 11g protein ~£0.21
	A thick banana, oat and peanut butter smoothie in a cup. RECIPE P.25	

A note on younger children

- Honey isn't suitable for babies under 12 months, because of a small risk of infant botulism. From a year old it's fine.
- Quarter grapes lengthwise and halve cherry tomatoes for under-5s, since whole ones are a choking hazard.
- If there's a family history of food allergies, introduce peanut butter and other allergenic foods one at a time and check with a GP or health visitor first.
- Portions here suit an adult or two younger children. Scale down for toddlers and always supervise young children while they eat.

Weekend Breakfasts

Ten more, for when it's worth spending a little extra — steak and eggs to a proper shakshuka.

- | | | |
|-----------|--|---|
| 01 | Avocado & Poached Egg on Sourdough
Smashed avocado and two poached eggs on toasted sourdough.
RECIPE P.26 | 430 KCAL
20g protein
~£1.50 |
| 02 | Smoked Salmon & Cream Cheese Bagel
A toasted bagel with cream cheese, smoked salmon and cucumber.
RECIPE P.27 | 335 KCAL
21g protein
~£1.41 |
| 03 | Eggs Benedict
Poached eggs and ham on a toasted muffin with a simple hollandaise.
RECIPE P.28 | 500 KCAL
23g protein
~£1.32 |
| 04 | Chorizo & Field Mushroom Full English
Egg, smoked bacon, chorizo, mushrooms, beans and sourdough toast.
RECIPE P.29 | 520 KCAL
26g protein
~£1.59 |
| 05 | Belgian Waffles with Berries & Maple Syrup
Homemade waffles with fresh berries and maple syrup.
RECIPE P.30 | 425 KCAL
11g protein
~£1.52 |
| 06 | Steak & Eggs
Pan-seared sirloin steak with two fried eggs and cherry tomatoes.
RECIPE P.31 | 385 KCAL
39g protein
~£2.84 |
| 07 | Halloumi & Avocado Brunch Plate
Grilled halloumi with avocado, cherry tomatoes and sourdough toast.
RECIPE P.32 | 500 KCAL
19g protein
~£1.99 |
| 08 | Smoked Bacon, Mushroom & Spinach Omelette
A folded omelette with smoked bacon, mushrooms, spinach and cheddar.
RECIPE P.33 | 425 KCAL
30g protein
~£1.62 |
| 09 | French Toast with Berries & Mascarpone
Brioche French toast with fresh berries and mascarpone.
RECIPE P.34 | 475 KCAL
13g protein
~£1.58 |
| 10 | Shakshuka with Feta & Sourdough
Eggs baked in spiced tomato sauce with feta and sourdough toast.
RECIPE P.35 | 420 KCAL
24g protein
~£1.34 |

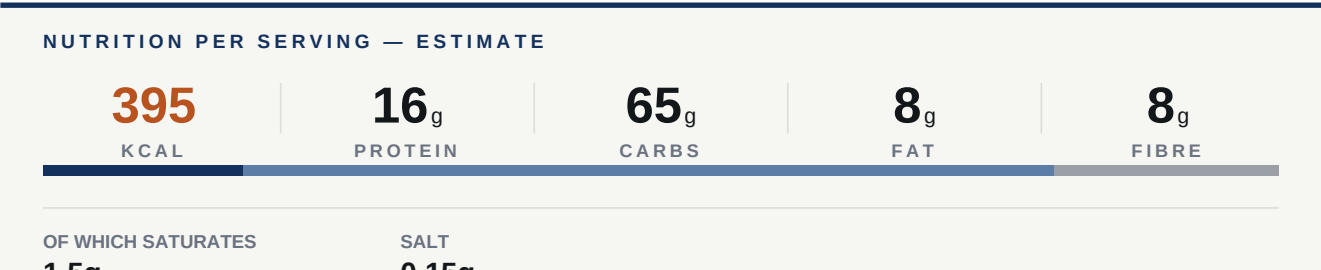
Porridge & Banana

Cold morning, warm bowl.

SERVES 1

PREP 2 MIN

COOK 4 MIN



WHY IT'S CHEAP — Own-brand porridge oats are one of the cheapest breakfasts you can buy, and a big bag lasts weeks.

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

INGREDIENT	AVG. COST
Porridge oats, 50g	£0.04
Semi-skimmed milk, 250ml	£0.17
Banana, 1 medium	£0.10
Cinnamon, a pinch	£0.02
AVERAGE TOTAL PER SERVING	£0.33

Ingredients

- 50g porridge oats
- 250ml semi-skimmed milk
- 1 medium banana
- A pinch of cinnamon (optional)

Method

- 1 Put the oats and milk in a large microwave-safe bowl. It bubbles up, so use a bigger bowl than you think.
- 2 Microwave for 2 minutes, stir, then another 60 to 90 seconds. On the hob, use a medium heat for 4 to 5 minutes, stirring often.
- 3 Stir well and leave for a minute to thicken.
- 4 Top with the sliced banana and cinnamon.

Store & prep ahead

Cook 3 portions of plain porridge at once and keep it in an airtight tub in the fridge for up to 2 days. Reheat with a splash of milk and add the toppings fresh.

Key micronutrients

Beta-glucan fibre, iron, magnesium and manganese (oats). Calcium and B12 (milk). Potassium and B6 (banana).

COACH'S NOTE

Made with water instead of milk it drops by about 100 kcal, but you lose protein and calcium.

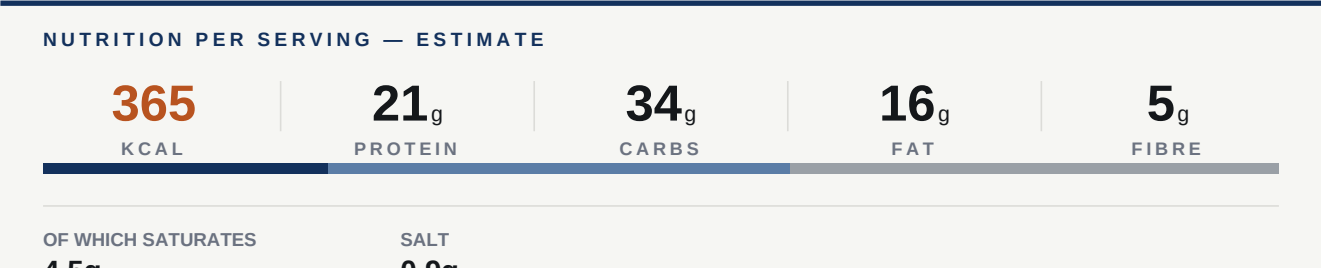
Scrambled Eggs on Toast

Creamy, quick and hard to get wrong.

SERVES 1

PREP 2 MIN

COOK 4 MIN



WHY IT'S CHEAP — Buy eggs by the dozen. Cost per egg drops the bigger the box.

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

INGREDIENT	AVG. COST
Large eggs, 2	£0.46
Semi-skimmed milk, 20ml	£0.01
Butter, 5g	£0.02
Wholemeal bread, 2 slices	£0.06
Salt and pepper	£0.01
AVERAGE TOTAL PER SERVING	£0.56

Ingredients

- 2 large eggs
- 20ml semi-skimmed milk
- 1 tsp butter
- 2 slices wholemeal bread — check the label for 'vegetable oil' or 'vegetable fat'; some economy loaves use a palm oil blend, plain wholemeal usually doesn't
- Salt and pepper

Method

- 1 Whisk the eggs, milk, salt and pepper in a bowl.
- 2 Melt the butter in a non-stick pan over a medium-low heat.
- 3 Pour in the eggs, wait 20 seconds, then stir gently, pulling the egg in from the edges. Take the pan off the heat while the eggs still look glossy.
- 4 Toast the bread while the eggs cook and serve.

Store & prep ahead

Best eaten fresh. Eggs don't reheat well, so cook only what you'll eat.

Key micronutrients

Choline, vitamin B12, vitamin D and iodine (eggs). Iron and magnesium (wholemeal bread).

COACH'S NOTE

Take them off the heat a touch early. They finish cooking on the plate.

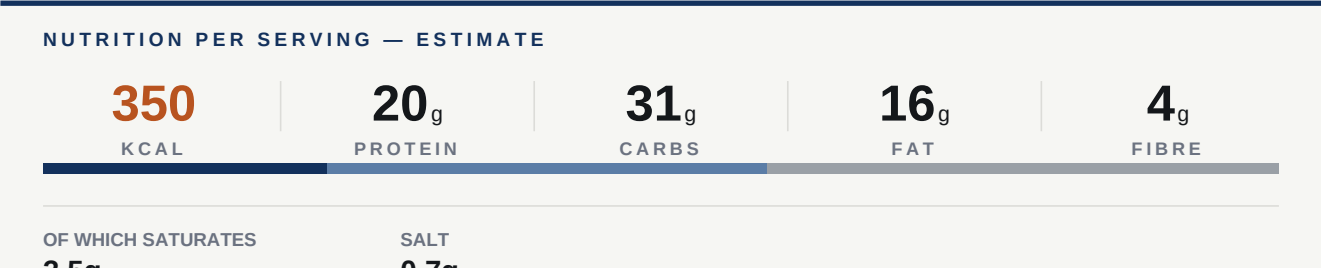
Boiled Eggs & Soldiers

Dippy eggs. A Sunday-morning classic, any day.

SERVES 1

PREP 1 MIN

COOK 8 MIN



WHY IT'S CHEAP — Boil a batch of 6 on a Sunday. It's the same gas or electricity for one egg or six.

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

INGREDIENT	AVG. COST
Large eggs, 2	£0.46
Wholemeal bread, 2 slices	£0.06
Butter, 5g	£0.02
Salt	£0.01
AVERAGE TOTAL PER SERVING	£0.55

Ingredients

- 2 large eggs
- 2 slices bread
- 1 tsp butter
- A pinch of salt

Method

- 1 Bring a pan of water to a gentle boil and lower the eggs in with a spoon.
- 2 Cook for 5 minutes for a runny yolk or 6 for a jammy one.
- 3 Meanwhile toast the bread, butter it and cut it into fingers.
- 4 Put the eggs in egg cups, slice off the tops and dip.

Store & prep ahead

Best eaten hot and fresh.

Key micronutrients

Choline, vitamin B12, vitamin D, iodine, selenium and lutein.

COACH'S NOTE

One of the cheapest, fastest high-protein breakfasts on the list.

Beans on Toast & Egg

Gold-standard British fuel.

SERVES 1

PREP 2 MIN

COOK 8 MIN

NUTRITION PER SERVING — ESTIMATE

400

KCAL

24_g

PROTEIN

56_g

CARBS

9_g

FAT

12_g

FIBRE

OF WHICH SATURATES

2g

SALT

1.3g

WHY IT'S CHEAP — Own-brand baked beans taste almost identical to the branded tin for a third of the price.

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

INGREDIENT	AVG. COST
Baked beans, 200g (half tin)	£0.18
Wholemeal bread, 2 slices	£0.06
Large egg, 1	£0.23
Black pepper	£0.01
AVERAGE TOTAL PER SERVING	£0.48

Ingredients

- 1 small tin (about 200g) reduced sugar and salt baked beans
- 2 slices wholemeal bread — check the label for 'vegetable oil' or 'vegetable fat'; some economy loaves use a palm oil blend, plain wholemeal usually doesn't
- 1 large egg
- Black pepper

Method

- 1 Lower the egg into boiling water. Cook 6 minutes for a jammy yolk or 9 minutes for hard. Cool in cold water and peel.
- 2 Heat the beans for 2 minutes in the microwave, stirring halfway, or 3 to 4 minutes in a pan.
- 3 Toast the bread.
- 4 Spoon the beans over the toast, halve the egg on top and finish with black pepper.

Store & prep ahead

Never store leftover beans in the opened tin. Tip them into a covered tub and use within 2 days. Boiled eggs keep unpeeled in the fridge for up to 3 days.

Key micronutrients

Folate, iron, magnesium and potassium (beans). Choline, vitamin B12 and vitamin D (egg).

COACH'S NOTE

The highest-fibre breakfast in the guide, so it keeps you full until lunch.

Peanut Butter & Banana Toast

The cheapest high-protein breakfast in the book.

SERVES 1

PREP 3 MIN

COOK 2 MIN

NUTRITION PER SERVING — ESTIMATE

390

KCAL

13g

PROTEIN

51g

CARBS

15g

FAT

6g

FIBRE

OF WHICH SATURATES

3g

SALT

0.5g

WHY IT'S CHEAP — A large jar of peanut butter and a loaf of bread cost about the same as one shop-bought pastry, and last a fortnight.

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

INGREDIENT	AVG. COST
Wholemeal bread, 2 slices	£0.06
Peanut butter, 15g (1 tbsp)	£0.05
Banana, 1 medium	£0.10
AVERAGE TOTAL PER SERVING	£0.21

Ingredients

- 2 slices wholemeal bread — check the label for 'vegetable oil' or 'vegetable fat'; some economy loaves use a palm oil blend, plain wholemeal usually doesn't
- 1 level tbsp (15g) peanut butter — choose a 100% peanuts jar (check for 'peanuts' as the only ingredient, or with a little salt); cheaper blended jars often add palm oil and sugar
- 1 medium banana

Method

- 1 Toast the bread.
- 2 Spread the peanut butter over both slices while it's warm, so it melts in a little.
- 3 Slice the banana on top.

Store & prep ahead

Nothing to store. Keep a jar of peanut butter and a loaf in the cupboard and you're always covered.

Key micronutrients

Vitamin E and niacin (peanut butter). Potassium and vitamin B6 (banana). Iron and magnesium (wholemeal bread).

COACH'S NOTE

Buy a basic 100% peanut butter (peanuts and maybe salt). The 'whole earth' style jars cost more for the same thing.

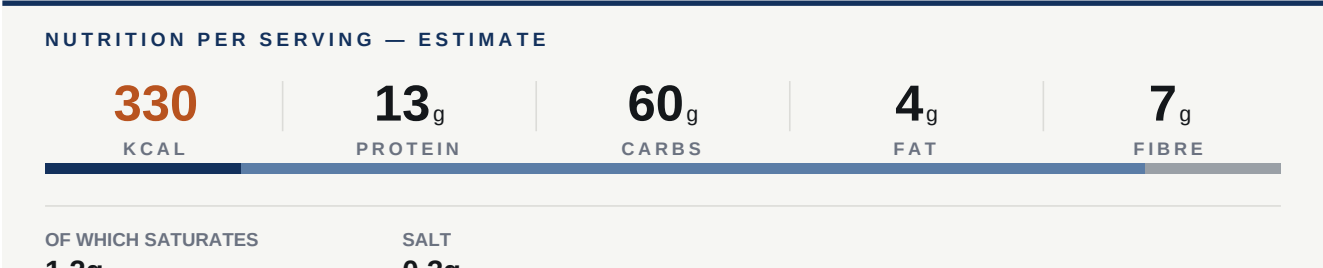
Weetabix, Milk & Banana

Two biscuits, 90 seconds, no cooking.

SERVES 1

PREP 2 MIN

COOK NONE



WHY IT'S CHEAP — Own-brand wheat biscuits are the same recipe as the big name brand for less.

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

INGREDIENT	AVG. COST
Wheat biscuits, 2	£0.09
Semi-skimmed milk, 200ml	£0.14
Banana, 1 medium	£0.10
AVERAGE TOTAL PER SERVING	£0.33

Ingredients

- 2 Weetabix — own-brand wheat biscuits are usually just wheat, malted barley and salt with no palm oil, but check the ingredients if unsure
- 200ml semi-skimmed milk
- 1 medium banana

Method

- 1 Put the biscuits in a bowl and slice the banana over the top.
- 2 Pour over the milk, cold or warm.
- 3 Leave for 30 seconds to soften and eat.

Store & prep ahead

Nothing to store. Have it fresh.

Key micronutrients

Fibre, iron and B vitamins (fortified cereal). Calcium and B12 (milk). Potassium (banana).

COACH'S NOTE

Protein is on the low side. Stir in a spoonful of Greek yoghurt or have an egg alongside.

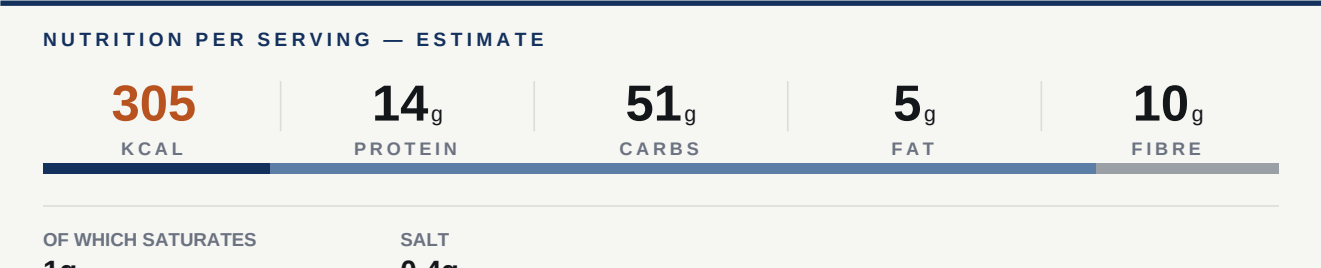
Bran Flakes, Milk & Berries

The high-fibre bowl.

SERVES 1

PREP 2 MIN

COOK NONE



WHY IT'S CHEAP — Frozen berries are picked and frozen at their best and cost much less than fresh, especially out of season.

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

INGREDIENT	AVG. COST
Bran flakes, 50g	£0.10
Semi-skimmed milk, 250ml	£0.17
Frozen mixed berries, 80g	£0.25
AVERAGE TOTAL PER SERVING	£0.52

Ingredients

- 50g bran flakes — go for the plain variety; flavoured or chocolate versions are more likely to carry added oils and sugar
- 250ml semi-skimmed milk
- 80g frozen mixed berries (defrosted)

Method

- 1 Pour the flakes into a bowl and scatter over the berries.
- 2 Add the milk and eat straight away, before the flakes go soggy.

Store & prep ahead

Nothing to store. Keep the cereal in a sealed container.

Key micronutrients

Fibre, iron and B vitamins (fortified cereal). Calcium and vitamin B12 (milk). Vitamin C (berries).

COACH'S NOTE

Frozen berries cost a fraction of fresh, and out-of-season fresh berries can cost far more. Low in protein, so add a boiled egg.

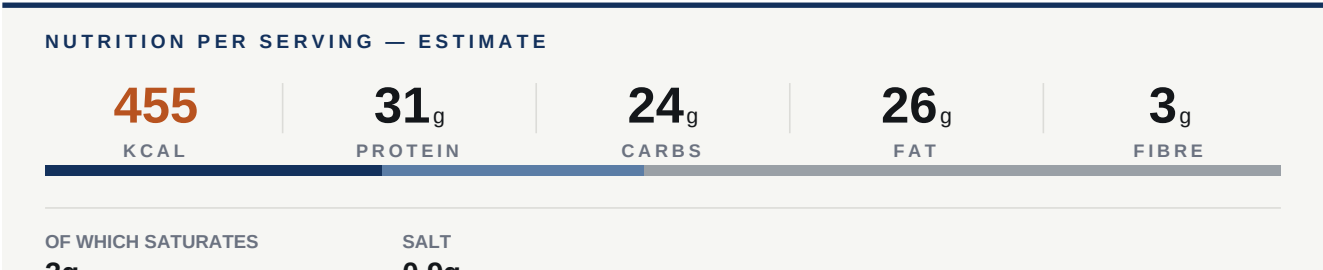
Egg Muffin Cups

Bake once, eat for the next few days.

SERVES 2 (3 cups each)

PREP 10 MIN

COOK 20 MIN



WHY IT'S CHEAP — Batch cooking means the oven cost is shared across 6 cups instead of one meal.

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

INGREDIENT	AVG. COST
Large eggs, 6 (whole batch)	£0.69
Mild cheddar, 60g (whole batch)	£0.14
Pepper, 1 (whole batch)	£0.23
Spinach, 40g (whole batch)	£0.07
Spring onions, 4 (whole batch)	£0.12
Wholemeal bread, 1 slice (to serve)	£0.03
Cherry tomatoes, 50g (to serve)	£0.21
AVERAGE TOTAL PER SERVING	£1.50

Ingredients

- 6 large eggs
- 60g cheddar, grated
- 1 pepper (about 100g), finely diced
- A handful (40g) of spinach, chopped
- 4 spring onions, sliced
- Salt, pepper and a spray of oil for the tin
- To serve: 2 slices wholemeal toast and a few cherry tomatoes

Method

- 1 Heat the oven to 180°C (160°C fan) and spray a 6-hole muffin tin with oil.
- 2 Divide the pepper, spinach, spring onions and cheese between the holes.
- 3 Beat the eggs with salt and pepper and pour over, filling each hole about two-thirds full.
- 4 Bake for 18 to 20 minutes until risen, set in the middle and lightly golden.
- 5 Cool for 2 minutes and loosen with a knife. Serve 3 cups each with toast and tomatoes.

Store & prep ahead

Cool within 1 to 2 hours, then keep in an airtight tub in the fridge for up to 3 days, or freeze for up to 2 months. Reheat in the microwave until steaming hot all the way through.

Key micronutrients

Choline, vitamin B12, vitamin D and iodine (eggs). Calcium (cheese). Vitamin C (pepper). Folate and iron (spinach).

COACH'S NOTE

The figures are for one serving: 3 cups, a slice of toast and the tomatoes.

Yoghurt, Oats & Honey Bowl

A budget version of the yoghurt bowl. No granola needed.

SERVES 1

PREP 3 MIN

COOK NONE

NUTRITION PER SERVING — ESTIMATE

260

KCAL

9g

PROTEIN

47g

CARBS

4g

FAT

4g

FIBRE

OF WHICH SATURATES

1g

SALT

0.15g

WHY IT'S CHEAP — A 1kg tub of natural yoghurt makes about 6 portions and undercuts small pots easily.

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

INGREDIENT	AVG. COST
Natural yoghurt, 150g	£0.20
Porridge oats, 20g	£0.02
Banana, 1 medium	£0.10
Honey, 1 tsp	£0.04
AVERAGE TOTAL PER SERVING	£0.36

Ingredients

- 150g natural yoghurt (not Greek, to keep the cost down)
- 2 tbsp (20g) porridge oats
- 1 medium banana, sliced
- 1 tsp honey — check the label says '100% pure honey', not a honey and syrup blend

Method

- 1 Spoon the yoghurt into a bowl.
- 2 Stir in the oats. They soften as they sit and add bulk and fibre for very little cost.
- 3 Top with the banana and honey.

Store & prep ahead

Nothing to store. A big tub of natural yoghurt works out far cheaper per portion than small pots.

Key micronutrients

Calcium and B12 (yoghurt). Beta-glucan fibre, iron and magnesium (oats). Potassium (banana).

COACH'S NOTE

A big tub of plain natural yoghurt costs a fraction of small flavoured pots or Greek yoghurt, for a similar breakfast.

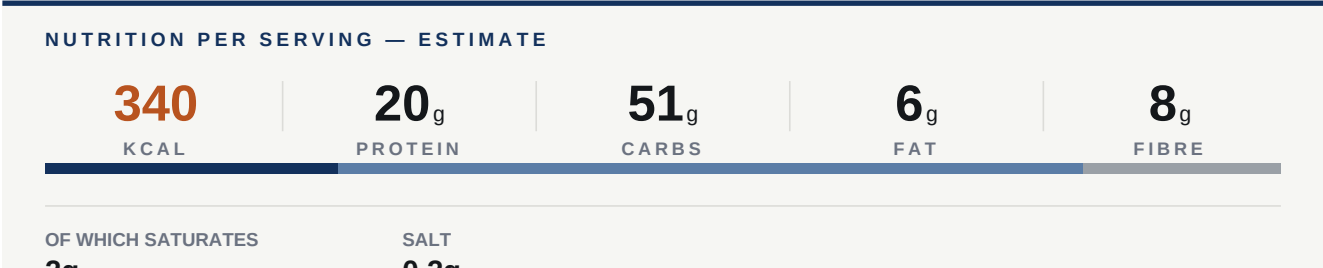
Berry Overnight Oats

Made the night before and eaten cold.

SERVES 1

PREP 5 MIN + OVERNIGHT

COOK NONE



WHY IT'S CHEAP — Oats, milk and yoghurt are all cheap staples, and making it the night before means nothing goes to waste.

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

INGREDIENT	AVG. COST
Porridge oats, 50g	£0.04
Semi-skimmed milk, 100ml	£0.07
Natural Greek yoghurt, 100g	£0.19
Honey, 1 tsp	£0.04
Frozen mixed berries, 80g	£0.25
AVERAGE TOTAL PER SERVING	£0.59

Ingredients

- 50g porridge oats
- 100ml semi-skimmed milk
- 100g natural Greek yoghurt
- 1 tsp honey — check the label says '100% pure honey', not a honey and syrup blend
- 80g frozen mixed berries (defrosted)

Method

- 1 Stir the oats, milk, yoghurt and honey together in a jar or tub.
- 2 Cover and chill for at least 4 hours, or overnight.
- 3 Stir, loosen with a splash of milk if it's too thick and top with the berries.

Store & prep ahead

Keeps in the fridge for up to 2 days. Add the berries fresh on the day.

Key micronutrients

Beta-glucan fibre, iron and magnesium (oats). Calcium and vitamin B12 (milk and yoghurt). Vitamin C (berries).

COACH'S NOTE

Frozen berries work just as well here and cost far less than fresh.

Fluffy Family Pancakes

A weekend stack the whole table can share.

SERVES 4

PREP 10 MIN

COOK 15 MIN

NUTRITION PER SERVING — ESTIMATE

290

KCAL

9g

PROTEIN

46g

CARBS

8g

FAT

3g

FIBRE

OF WHICH SATURATES

2g

SALT

0.3g

WHY IT'S CHEAP — Batch cooking means the flour, eggs and milk stretch across four portions instead of one.

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

INGREDIENT	AVG. COST
Plain flour, 200g (whole batch)	£0.02
Baking powder (whole batch)	£0.01
Large eggs, 2 (whole batch)	£0.12
Semi-skimmed milk, 300ml (whole batch)	£0.05
Butter, 15g (whole batch)	£0.02
Bananas, 2 (to serve)	£0.05
Honey, 2 tsp (to serve)	£0.02
AVERAGE TOTAL PER SERVING	£0.29

Ingredients

- 200g plain flour (whole batch)
- 1 tsp baking powder (whole batch)
- 2 large eggs (whole batch)
- 300ml semi-skimmed milk (whole batch)
- 15g butter, melted, plus extra for the pan (whole batch)
- 2 bananas, sliced (to serve)
- 2 tsp honey (to serve)

Method

- 1 Whisk the flour, baking powder and a pinch of salt in a bowl.
- 2 In a jug, whisk the eggs, milk and melted butter together.
- 3 Pour the wet mix into the dry and whisk to a smooth batter. Rest for 10 minutes.
- 4 Heat a non-stick pan over a medium heat with a small knob of butter. Spoon in small pancakes (about 2 tbsp each) and cook for 1 to 2 minutes until bubbles appear, then flip for 1 minute more.
- 5 Stack, top with banana and a light drizzle of honey.

Store & prep ahead

Batter keeps in the fridge for 24 hours. Cooked pancakes freeze well with baking paper between them, and toast straight from frozen.

Key micronutrients

Iron and thiamin (flour). Choline (eggs). Calcium and B12 (milk). Potassium and B6 (banana).

COACH'S NOTE

A fun one to make together. Let the kids choose their own topping, whether that's banana, a few berries, or the honey.

French Toast Fingers

Dippy toast, no egg cup required.

SERVES 4

PREP 5 MIN

COOK 10 MIN

NUTRITION PER SERVING — ESTIMATE

165

KCAL

8g

PROTEIN

20g

CARBS

6g

FAT

2g

FIBRE

OF WHICH SATURATES

2g

SALT

0.5g

WHY IT'S CHEAP — Stale bread works best here, so it's a good way to use up the end of a loaf.

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

INGREDIENT	AVG. COST
Wholemeal bread, 4 slices (whole batch)	£0.03
Large eggs, 2 (whole batch)	£0.12
Semi-skimmed milk, 100ml (whole batch)	£0.02
Cinnamon, a pinch	£0.01
Butter, for the pan	£0.01
Strawberries or grapes (to serve)	£0.13
AVERAGE TOTAL PER SERVING	£0.32

Ingredients

- 4 slices wholemeal bread (whole batch)
- 2 large eggs (whole batch)
- 100ml semi-skimmed milk (whole batch)
- A pinch of cinnamon (whole batch)
- 1 tsp butter or oil for the pan (whole batch)
- 8 strawberries or a handful of grapes (to serve)

Method

- Beat the eggs, milk and cinnamon in a shallow dish.
- Cut each slice of bread into three fingers.
- Dip the fingers in the egg mix for a few seconds each side.
- Fry in a buttered pan over a medium heat for 2 minutes each side until golden and cooked through.
- Serve warm with the fruit for dipping.

Store & prep ahead

Best eaten fresh. Leftover fingers reheat in the toaster.

Key micronutrients

Choline and vitamin B12 (eggs). Calcium (milk). Vitamin C (fruit). Iron (wholemeal bread).

COACH'S NOTE

Cutting the toast into fingers turns an ordinary breakfast into something to dip, which tends to go down better with younger ones.

Cheesy Egg Wrap Rollups

A handheld breakfast that travels well.

SERVES 4

PREP 5 MIN

COOK 8 MIN

NUTRITION PER SERVING — ESTIMATE

290

KCAL

23g

PROTEIN

16g

CARBS

15g

FAT

1g

FIBRE

OF WHICH SATURATES

4g

SALT

1g

WHY IT'S CHEAP — One wrap makes two portions, so it stretches further than a slice-of-toast breakfast.

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

INGREDIENT	AVG. COST
Large eggs, 4 (whole batch)	£0.23
Cheddar, 40g (whole batch)	£0.05
Large wraps, 2 (whole batch)	£0.06
Oil, a spray	£0.01
AVERAGE TOTAL PER SERVING	£0.35

Ingredients

- 4 large eggs (whole batch)
- 40g cheddar, grated (whole batch)
- 2 large wraps (whole batch)
- A spray of oil (whole batch)
- Salt and pepper

Method

- 1 Beat the eggs with a pinch of salt and pepper.
- 2 Scramble gently in a non-stick pan with a spray of oil for 2 to 3 minutes until just set. Stir in the cheese for the last 30 seconds.
- 3 Warm the wraps for 10 seconds each in the microwave so they roll without cracking.
- 4 Spread half the egg mix along the centre of each wrap, roll up tightly, then slice into rounds.

Store & prep ahead

Best eaten fresh, though the rolled wrap holds together well enough for a lunchbox eaten within a few hours.

Key micronutrients

Choline, vitamin B12 and vitamin D (eggs). Calcium and phosphorus (cheese).

COACH'S NOTE

The rounds make this an easy one for smaller hands, and it works just as well cold if you're out the door in a hurry.

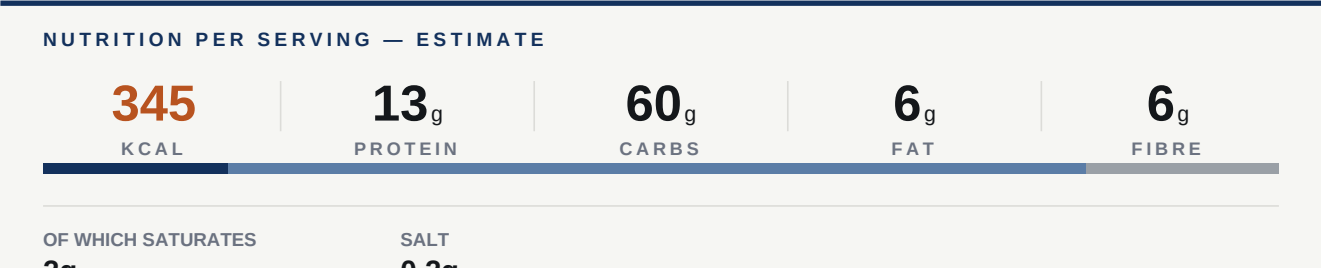
Berry Swirl Porridge

Porridge with a marbled fruit ripple.

SERVES 4

PREP 5 MIN

COOK 8 MIN



WHY IT'S CHEAP — Frozen berries cost a fraction of fresh, and mashing them stretches a small handful a long way.

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

INGREDIENT	AVG. COST
Porridge oats, 200g (whole batch)	£0.04
Semi-skimmed milk, 1 litre (whole batch)	£0.17
Frozen mixed berries, 150g (whole batch)	£0.12
Honey, 2 tsp (whole batch)	£0.02
AVERAGE TOTAL PER SERVING	£0.35

Ingredients

- 200g porridge oats (whole batch)
- 1 litre semi-skimmed milk (whole batch)
- 150g frozen mixed berries, defrosted and mashed (whole batch)
- 2 tsp honey (whole batch)

Method

1

Put the oats and milk in a large pan over a medium heat. Bring to a gentle simmer, stirring often, for 5 to 6 minutes until thick and creamy.

2

Meanwhile mash the defrosted berries with a fork.

3

Spoon the porridge into bowls and swirl through the mashed berries and a little honey.

Store & prep ahead

Cooked porridge keeps in the fridge for 2 days. Reheat with a splash of milk.

Key micronutrients

Beta-glucan fibre, iron and magnesium (oats). Calcium and B12 (milk). Vitamin C (berries).

COACH'S NOTE

The swirl makes plain porridge feel like a treat without tipping into a sugary bowl.

Banana & Oat Breakfast Muffins

Bake once on a Sunday, breakfast sorted all week.

SERVES 6 (2 each)

PREP 10 MIN

COOK 20 MIN

NUTRITION PER SERVING — ESTIMATE

285

KCAL

12g

PROTEIN

41g

CARBS

8g

FAT

3g

FIBRE

OF WHICH SATURATES

1.5g

SALT

0.3g

WHY IT'S CHEAP — No sugar goes in beyond what's in the bananas, so it costs less than a shop-bought muffin and carries a fraction of the sugar.

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

INGREDIENT	AVG. COST
Bananas, 3 (whole batch)	£0.05
Large eggs, 2 (whole batch)	£0.08
Porridge oats, 150g (whole batch)	£0.02
Plain flour, 100g (whole batch)	£0.01
Baking powder (whole batch)	£0.01
Butter, 30g (whole batch)	£0.02
Cinnamon, 1 tsp	£0.01
AVERAGE TOTAL PER SERVING	£0.20

Ingredients

- 3 ripe bananas, mashed (whole batch)
- 2 large eggs (whole batch)
- 150g porridge oats (whole batch)
- 100g plain flour (whole batch)
- 2 tsp baking powder (whole batch)
- 30g butter, melted (whole batch)
- 1 tsp cinnamon (whole batch)

Method

- 1 Heat the oven to 180°C (160°C fan) and line a 12-hole muffin tin with cases.
- 2 Mash the bananas well in a large bowl, then beat in the eggs and melted butter.
- 3 Stir in the oats, flour, baking powder and cinnamon until just combined. Don't overmix.
- 4 Divide between the cases and bake for 18 to 20 minutes until risen and a skewer comes out clean.
- 5 Cool on a wire rack.

Store & prep ahead

Keep in an airtight tin for 3 days, or freeze for up to 2 months. Defrost at room temperature or 20 seconds in the microwave.

Key micronutrients

Potassium and vitamin B6 (banana). Beta-glucan fibre and iron (oats). Choline (eggs).

COACH'S NOTE

These freeze in individual portions, so a muffin from the freezer plus a piece of fruit makes a fast breakfast on a rushed morning.

Beans & Cheese Melts

The playground favourite, at home.

SERVES 4

PREP 5 MIN

COOK 8 MIN

NUTRITION PER SERVING — ESTIMATE

265

KCAL

20_g

PROTEIN

30_g

CARBS

7_g

FAT

6_g

FIBRE

OF WHICH SATURATES

4g

SALT

1.5g

HIGH IN SALT

WHY IT'S CHEAP — One tin and a block of cheese between four keeps this one of the cheapest hot breakfasts in the book.

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

INGREDIENT	AVG. COST
Baked beans, 400g tin (whole batch)	£0.09
Wholemeal bread, 4 slices (whole batch)	£0.03
Cheddar, 80g (whole batch)	£0.09
AVERAGE TOTAL PER SERVING	£0.21

Ingredients

- 1 large tin (about 400g) reduced sugar and salt baked beans (whole batch)
- 4 slices wholemeal bread (whole batch)
- 80g cheddar, grated (whole batch)

Method

- 1 Heat the beans in a pan or the microwave for 3 to 4 minutes until piping hot.
- 2 Toast the bread and lay the slices on a baking tray.
- 3 Spoon the beans over the toast and scatter with the cheese.
- 4 Grill for 2 to 3 minutes until the cheese is bubbling. Cool slightly and cut into soldiers.

Store & prep ahead

Best eaten fresh. Leftover beans keep in a covered tub in the fridge for 2 days.

Key micronutrients

Folate, iron and magnesium (beans). Calcium and vitamin B12 (cheese). Iron (wholemeal bread).

COACH'S NOTE

Cutting it into soldiers turns a plain plate into something to dunk, and it reheats well for a second breakfast the next morning.

Breakfast Pizza Toast

Pizza for breakfast is a hard sell to refuse.

SERVES 4

PREP 5 MIN

COOK 6 MIN

NUTRITION PER SERVING — ESTIMATE

220

KCAL

15_g

PROTEIN

22_g

CARBS

8_g

FAT

3_g

FIBRE

OF WHICH SATURATES

4_g

SALT

1.1_g

WHY IT'S CHEAP — A carton of passata goes a lot further than a jar of proper pizza sauce, for a fraction of the price.

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

INGREDIENT	AVG. COST
Wholemeal bread, 4 slices (whole batch)	£0.03
Passata, 4 tbsp (whole batch)	£0.05
Cheddar, 80g (whole batch)	£0.09
Cherry tomatoes, 8 (whole batch)	£0.09
AVERAGE TOTAL PER SERVING	£0.26

Ingredients

- 4 slices wholemeal bread (whole batch)
- 4 tbsp passata (whole batch)
- 80g cheddar or mozzarella, grated (whole batch)
- 8 cherry tomatoes, halved (whole batch)
- A pinch of dried oregano (optional)

Method

- 1 Lightly toast the bread, just enough to firm it up.
- 2 Spread each slice with passata.
- 3 Top with the cheese and cherry tomato halves.
- 4 Grill for 3 to 4 minutes until the cheese is melted and bubbling. Scatter with oregano if using.

Store & prep ahead

Best eaten fresh, straight from the grill.

Key micronutrients

Lycopene and vitamin C (passata and tomatoes). Calcium and vitamin B12 (cheese). Iron (wholemeal bread).

COACH'S NOTE

A good one for letting kids build their own: line up the toppings and let them assemble their slice before it goes under the grill.

Yoghurt & Fruit Breakfast Pots

Layer it up the night before for grab-and-go mornings.

SERVES 4

PREP 8 MIN

COOK NONE

NUTRITION PER SERVING — ESTIMATE

205

KCAL

11g

PROTEIN

33g

CARBS

3g

FAT

4g

FIBRE

OF WHICH SATURATES

1g

SALT

0.15g

WHY IT'S CHEAP — A large tub of natural yoghurt split four ways costs far less than four small flavoured pots.

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

INGREDIENT	AVG. COST
Natural yoghurt, 400g (whole batch)	£0.13
Porridge oats, 80g (whole batch)	£0.02
Bananas, 2 (whole batch)	£0.05
Frozen berries, 150g (whole batch)	£0.12
Honey, 2 tsp (whole batch)	£0.02
AVERAGE TOTAL PER SERVING	£0.34

Ingredients

- 400g natural yoghurt (whole batch)
- 80g porridge oats (whole batch)
- 2 bananas, sliced (whole batch)
- 150g frozen berries, defrosted (whole batch)
- 2 tsp honey (whole batch)

Method

- 1 Divide half the yoghurt between 4 jars or pots.
- 2 Add a layer of oats, then a layer of banana and berries.
- 3 Top with the rest of the yoghurt and a final scatter of fruit.
- 4 Drizzle with a little honey. Cover and chill until ready to eat.

Store & prep ahead

Keeps in the fridge for up to 2 days. The oats soften as they sit, which suits younger kids who don't love a crunchy bowl.

Key micronutrients

Calcium and vitamin B12 (yoghurt). Beta-glucan fibre (oats). Potassium (banana). Vitamin C (berries).

COACH'S NOTE

Made in jars, this one doubles as a lunchbox breakfast for a morning when there's no time to sit down.

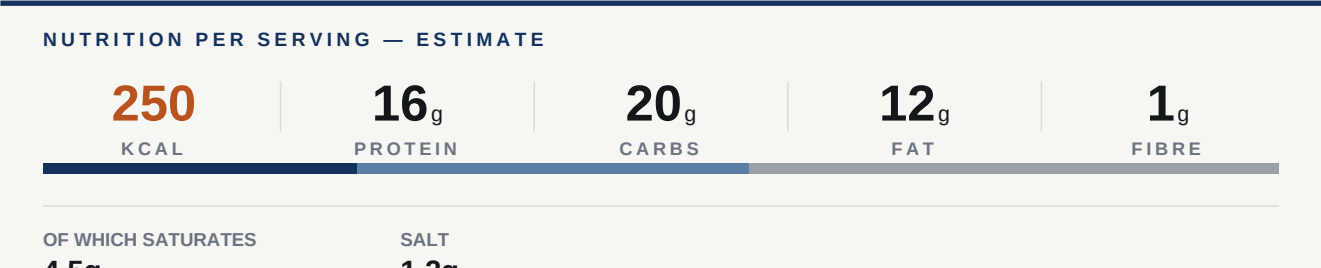
Egg & Cheese Muffin Melts

The takeaway favourite, made for less.

SERVES 4

PREP 5 MIN

COOK 10 MIN



WHY IT'S CHEAP — Homemade works out at a fraction of the same thing from a drive-thru, for the same five minutes of effort.

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

INGREDIENT	AVG. COST
English muffins, 4 (whole batch)	£0.16
Large eggs, 4 (whole batch)	£0.23
Cheddar, 60g (whole batch)	£0.07
Oil, a spray	£0.01
AVERAGE TOTAL PER SERVING	£0.47

Ingredients

- 4 English muffins (whole batch)
- 4 large eggs (whole batch)
- 60g cheddar, sliced (whole batch)
- A spray of oil (whole batch)

Method

- 1 Split and toast the muffins.
- 2 Fry the eggs in a spray of oil for 2 to 3 minutes, breaking the yolk if smaller ones prefer it that way.
- 3 Build each muffin with a slice of cheese and a fried egg while everything is still warm, so the cheese melts.
- 4 Pop the lid on and serve straight away.

Store & prep ahead

Best eaten fresh and warm.

Key micronutrients

Choline, vitamin B12 and vitamin D (eggs). Calcium (cheese). Iron and B vitamins (muffin).

COACH'S NOTE

A good one for a slower weekend morning when everyone can build their own.

Banana Breakfast Smoothie

For the mornings nobody wants to sit down.

SERVES 4

PREP 5 MIN

COOK NONE

NUTRITION PER SERVING — ESTIMATE

255

KCAL

11g

PROTEIN

33g

CARBS

9g

FAT

3g

FIBRE

OF WHICH SATURATES

2g

SALT

0.2g

WHY IT'S CHEAP — A blender breakfast splits four ways from one jug, which is usually cheaper than four shop-bought smoothies by some distance.

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

INGREDIENT	AVG. COST
Bananas, 3 (whole batch)	£0.05
Semi-skimmed milk, 600ml (whole batch)	£0.10
Porridge oats, 60g (whole batch)	£0.01
Peanut butter, 30g (whole batch)	£0.03
Honey, 2 tsp (whole batch)	£0.02
AVERAGE TOTAL PER SERVING	£0.21

Ingredients

- 3 bananas (whole batch)
- 600ml semi-skimmed milk (whole batch)
- 60g porridge oats (whole batch)
- 2 tbsp (30g) peanut butter (whole batch)
- 2 tsp honey (whole batch)

Method

1

Put everything in a blender.

2

Blend until thick and smooth, adding a splash more milk if it's too thick to pour.

3

Pour into cups and drink straight away, or chill for up to a few hours.

Store & prep ahead

Best drunk fresh. If making ahead, give it a good shake or stir before drinking, since it can separate slightly.

Key micronutrients

Potassium and vitamin B6 (banana). Calcium and B12 (milk). Beta-glucan fibre (oats). Vitamin E (peanut butter).

COACH'S NOTE

A good stand-in on a rushed morning, though a sit-down breakfast most days is still the better habit to build.

Avocado & Poached Egg on Sourdough

The café brunch, made at home.

SERVES 1

PREP 8 MIN

COOK 6 MIN

NUTRITION PER SERVING — ESTIMATE				
430	20g	34g	24g	10g
KCAL	PROTEIN	CARBS	FAT	FIBRE
OF WHICH SATURATES		SALT		
4.5g		0.9g		

WHY IT'S CHEAP — Buying a whole avocado and using half here means the other half covers a second breakfast too.

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

INGREDIENT	AVG. COST
Sourdough, 2 slices	£0.24
Avocado, 1	£0.76
Large eggs, 2	£0.46
Lemon, quarter	£0.04
AVERAGE TOTAL PER SERVING	£1.50

Ingredients

- 2 slices sourdough bread
- 1 avocado
- 2 large eggs
- A squeeze of lemon
- Chilli flakes, salt and pepper

Method

- 1 Poach the eggs: bring a pan of water to a gentle simmer, crack each egg into a cup and slide it in. Cook for 3 minutes until the white is set and the yolk still soft.
- 2 Toast the sourdough.
- 3 Mash the avocado with the lemon, salt and pepper.
- 4 Spread the avocado over the toast, top with the eggs and finish with chilli flakes.

Store & prep ahead

Keep the other half of the avocado with the stone in, squeeze lemon over it and wrap tightly. Use within a day.

Key micronutrients

Vitamin E, vitamin K, folate and potassium (avocado). Choline and vitamin B12 (eggs). Fibre (sourdough).

COACH'S NOTE

A café-style plate for a fraction of the price, though avocado is still one of the priciest items on this menu by weight.

Smoked Salmon & Cream Cheese Bagel

The weekend treat that actually travels well.

SERVES 1

PREP 5 MIN

COOK 2 MIN

NUTRITION PER SERVING — ESTIMATE

335

KCAL

21_g

PROTEIN

47_g

CARBS

7_g

FAT

3_g

FIBRE

OF WHICH SATURATES

5g

SALT

2.2g

HIGH IN SATURATED FAT & SALT

WHY IT'S CHEAP — A 100g pack of smoked salmon covers two of these, which still comes in well under a café price for one.

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

INGREDIENT	AVG. COST
Bagel, 1	£0.19
Light cream cheese, 30g	£0.17
Smoked salmon, 40g	£0.93
Cucumber, quarter	£0.11
AVERAGE TOTAL PER SERVING	£1.41

Ingredients

- 1 plain bagel
- 30g light cream cheese
- 40g smoked salmon
- A few slices of cucumber
- Black pepper and a squeeze of lemon

Method

- 1 Split the bagel and toast it.
- 2 Spread with the cream cheese.
- 3 Top with the cucumber and smoked salmon.
- 4 Finish with black pepper and a squeeze of lemon.

Store & prep ahead

Best eaten fresh. Keep smoked salmon chilled and use it within 2 days of opening.

Key micronutrients

Iodine, selenium and vitamin B12 (salmon). Vitamin D. Iron and B vitamins (bagel).

COACH'S NOTE

Smoked salmon is salty and, like all smoked fish, best checked against current NHS advice if you're pregnant or have a weakened immune system.

Eggs Benedict

The brunch-menu classic, for less than the coffee that comes with it.

SERVES 1

PREP 10 MIN

COOK 10 MIN

NUTRITION PER SERVING — ESTIMATE

500

KCAL

23g

PROTEIN

26g

CARBS

34g

FAT

1g

FIBRE

OF WHICH SATURATES

14g

SALT

1.6g

HIGH IN SATURATED FAT & SALT

WHY IT'S CHEAP — Making the sauce yourself instead of buying a jarred hollandaise saves a surprising amount for very little extra effort.

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

INGREDIENT	AVG. COST
English muffin, 1	£0.16
Sliced ham, 40g	£0.22
Large eggs, 3 (2 plus a yolk)	£0.69
Butter, 50g	£0.20
Lemon, quarter	£0.04
AVERAGE TOTAL PER SERVING	£1.32

Ingredients

- 1 English muffin
- 40g sliced ham (2 slices)
- 2 large eggs, plus 1 extra yolk for the sauce
- 50g butter
- A squeeze of lemon
- Salt and pepper

Method

1

Poach 2 eggs for 3 minutes each, and keep warm in the poaching water off the heat.

2

Melt the butter gently. Whisk the extra egg yolk with a squeeze of lemon in a heatproof bowl over a pan of barely simmering water, then slowly whisk in the melted butter until thick and glossy. Season.

3

Split and toast the muffin. Warm the ham in a dry pan for a minute.

4

Build the muffin with the ham, then the poached eggs, then spoon over the hollandaise.

Store & prep ahead

Best made and eaten fresh. Hollandaise doesn't keep or reheat well.

Key micronutrients

Choline, vitamin B12 and vitamin D (eggs). B vitamins and zinc (ham).

COACH'S NOTE

A proper hollandaise is rich, so this is the sort of breakfast to enjoy on a slower morning rather than a daily habit.

Chorizo & Field Mushroom Full English

A fry-up with a bit more going on.

SERVES 1

PREP 5 MIN

COOK 15 MIN

NUTRITION PER SERVING — ESTIMATE

520

KCAL

26g

PROTEIN

30g

CARBS

33g

FAT

6g

FIBRE

OF WHICH SATURATES

6g

SALT

2.8g

HIGH IN SATURATED FAT & SALT

WHY IT'S CHEAP — A little chorizo goes a long way on flavour, so 50g between the mushrooms and the egg is plenty.

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

INGREDIENT	AVG. COST
Large egg, 1	£0.23
Smoked back bacon, 2 rashers	£0.47
Chorizo, 50g	£0.45
Chestnut mushrooms, 60g	£0.23
Baked beans, 100g	£0.09
Sourdough, 1 slice	£0.12
AVERAGE TOTAL PER SERVING	£1.59

Ingredients

- 1 large egg
- 2 smoked back bacon rashers
- 50g cooking chorizo, sliced
- 3 chestnut mushrooms, sliced
- 100g reduced sugar and salt baked beans
- 1 slice sourdough bread
- A spray of oil

Method

- 1 Heat the grill to medium. Grill the bacon for 3 to 4 minutes each side.
- 2 Fry the chorizo in a dry pan for 3 to 4 minutes until it releases its oil and crisps at the edges. Add the mushrooms to the same pan for the last 3 minutes, letting them cook in the chorizo oil.
- 3 Warm the beans in a small pan or the microwave.
- 4 Fry the egg in a spray of oil for 2 to 3 minutes. Toast the sourdough.
- 5 Plate everything up together.

Store & prep ahead

Best eaten fresh.

Key micronutrients

Vitamin B12, selenium and iron (bacon and chorizo).
Folate (beans). Riboflavin and copper (mushrooms).

COACH'S NOTE

Chorizo is a fattier, saltier sausage, so this is a step up from the everyday full English and worth keeping as an occasional one.

Belgian Waffles with Berries & Maple Syrup

A proper weekend stack.

SERVES 1

PREP 10 MIN

COOK 8 MIN

NUTRITION PER SERVING — ESTIMATE

425

KCAL

11g

PROTEIN

62g

CARBS

15g

FAT

4g

FIBRE

OF WHICH SATURATES

3g

SALT

0.3g

WHY IT'S CHEAP — A bottle of maple syrup lasts for months, so the cost here is mostly in the fresh berries.

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

INGREDIENT	AVG. COST
Plain flour, 60g	£0.02
Baking powder	£0.01
Large egg, 1	£0.23
Semi-skimmed milk, 100ml	£0.07
Butter, 15g	£0.06
Fresh mixed berries, 60g	£0.76
Maple syrup, 30ml	£0.37
AVERAGE TOTAL PER SERVING	£1.52

Ingredients

- 60g plain flour
- 1 tsp baking powder
- 1 large egg
- 100ml semi-skimmed milk
- 15g butter, melted
- 60g fresh mixed berries
- 2 tbsp (30ml) maple syrup

Method

- 1 Whisk the flour, baking powder, egg, milk and melted butter into a smooth batter.
- 2 Heat a waffle iron (or a non-stick griddle pan if you don't have one) and cook the batter for 4 to 5 minutes until golden and crisp.
- 3 Top with the berries and maple syrup.

Store & prep ahead

Batter is best used fresh. Cooked waffles freeze well and reheat in the toaster.

Key micronutrients

Iron and thiamin (flour). Choline (egg). Vitamin C and polyphenols (berries).

COACH'S NOTE

Real maple syrup and fresh berries make this the sweetest breakfast in the book, so it's one to keep as a weekend treat rather than an everyday one.

Steak & Eggs

The one for a special morning.

SERVES 1

PREP 10 MIN

COOK 10 MIN

NUTRITION PER SERVING — ESTIMATE

385

KCAL

39_g

PROTEIN

3_g

CARBS

24_g

FAT

1_g

FIBRE

OF WHICH SATURATES

6g

SALT

0.6g

HIGH IN SATURATED FAT

WHY IT'S CHEAP — A whole steak can safely be served pink because the outside is seared, unlike mince or sausages, which must be cooked through.

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

INGREDIENT	AVG. COST
Sirloin steak, 150g	£2.15
Oil, 1 tsp	£0.02
Large eggs, 2	£0.46
Cherry tomatoes, 50g	£0.21
AVERAGE TOTAL PER SERVING	£2.84

Ingredients

- 1 sirloin steak (about 150g), trimmed of visible fat
- 1 tsp oil
- 2 large eggs
- A handful (50g) cherry tomatoes
- Salt and pepper

Method

- 1 Take the steak out of the fridge 20 minutes before cooking. Pat dry, brush with the oil and season.
- 2 Heat a heavy pan until very hot. Cook the steak for 2 to 3 minutes each side for medium-rare (for a 2cm steak), or longer to your liking. Rest for 5 minutes.
- 3 Grill or pan-fry the tomatoes for 3 to 4 minutes while the steak rests.
- 4 Fry the eggs in the same pan for 2 to 3 minutes.
- 5 Slice the steak and plate everything together.

Store & prep ahead

Best cooked fresh.

Key micronutrients

Iron, zinc, vitamin B12 and B6 (beef). Choline and vitamin D (eggs). Lycopene (tomatoes).

COACH'S NOTE

The priciest breakfast in this book by some distance, and rightly kept as an occasional one rather than a Tuesday habit.

Halloumi & Avocado Brunch Plate

A meat-free plate that doesn't feel like it's missing anything.

SERVES 1

PREP 8 MIN

COOK 5 MIN

NUTRITION PER SERVING — ESTIMATE

500

KCAL

19_g

PROTEIN

30_g

CARBS

34_g

FAT

8_g

FIBRE

OF WHICH SATURATES

8g

SALT

2.5g

HIGH IN SATURATED FAT & SALT

WHY IT'S CHEAP — One block of halloumi splits into two brunches, which softens the cost of what's otherwise a pricier cheese.

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

INGREDIENT	AVG. COST
Halloumi, 100g	£0.90
Avocado, 1	£0.76
Cherry tomatoes, 50g	£0.21
Sourdough, 1 slice	£0.12
AVERAGE TOTAL PER SERVING	£1.99

Ingredients

- 100g halloumi, sliced
- 1 avocado
- A handful (50g) cherry tomatoes, halved
- 1 slice sourdough bread
- A squeeze of lemon
- Chilli flakes

Method

- 1 Grill or pan-fry the halloumi slices for 1 to 2 minutes each side until golden.
- 2 Toast the sourdough.
- 3 Mash or slice the avocado and season with lemon.
- 4 Plate the halloumi, avocado, tomatoes and toast together, finished with chilli flakes.

Store & prep ahead

Best eaten fresh. Halloumi goes rubbery once cold.

Key micronutrients

Calcium, vitamin B12 and phosphorus (halloumi). Vitamin E, vitamin K and potassium (avocado). Vitamin C (tomatoes).

COACH'S NOTE

Halloumi is salty and rich, so 100g is a proper serving rather than a light starter portion.

Smoked Bacon, Mushroom & Spinach Omelette

A three-egg omelette that eats like a proper meal.

SERVES 1

PREP 8 MIN

COOK 8 MIN

NUTRITION PER SERVING — ESTIMATE

425

KCAL

30_g

PROTEIN

4_g

CARBS

32_g

FAT

2_g

FIBRE

OF WHICH SATURATES

7g

SALT

1.8g

HIGH IN SATURATED FAT & SALT

WHY IT'S CHEAP — Using the bacon fat to cook the mushrooms means no extra oil is needed, and nothing goes to waste.

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

INGREDIENT	AVG. COST
Large eggs, 3	£0.69
Smoked back bacon, 2 rashers	£0.47
Chestnut mushrooms, 60g	£0.23
Spinach, 40g	£0.13
Cheddar, 20g	£0.09
AVERAGE TOTAL PER SERVING	£1.62

Ingredients

- 3 large eggs
- 2 smoked back bacon rashers, chopped
- 3 chestnut mushrooms, sliced
- A handful (40g) spinach
- 20g cheddar, grated
- Salt and pepper

Method

- 1 Grill or fry the bacon for 3 to 4 minutes until crisp, then chop.
- 2 Fry the mushrooms in the same pan for 3 to 4 minutes until golden. Add the spinach for the last 30 seconds until wilted.
- 3 Beat the eggs with salt and pepper. Heat a non-stick pan and pour in the eggs.
- 4 Scatter the bacon, mushrooms, spinach and cheese over one half as the egg sets, then fold the other half over.
- 5 Cook for 1 to 2 minutes more, then slide onto a plate.

Store & prep ahead

Best eaten fresh.

Key micronutrients

Choline, vitamin B12 and vitamin D (eggs). Vitamin B12 and zinc (bacon). Folate and vitamin K (spinach).

COACH'S NOTE

A high-protein start with very few carbs, which makes it a good option if that's what you're after on a given morning.

French Toast with Berries & Mascarpone

A dessert-adjacent breakfast, made properly.

SERVES 1

PREP 5 MIN

COOK 6 MIN

NUTRITION PER SERVING — ESTIMATE

475

KCAL

13g

PROTEIN

43g

CARBS

28g

FAT

3g

FIBRE

OF WHICH SATURATES

9g

SALT

0.5g

HIGH IN SATURATED FAT

WHY IT'S CHEAP — Brioche is richer than ordinary bread, so it needs nothing more than the fruit and a small spoon of mascarpone to feel indulgent.

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

INGREDIENT	AVG. COST
Brioche, 2 slices	£0.24
Large egg, 1	£0.23
Semi-skimmed milk, 30ml	£0.02
Butter, for the pan	£0.02
Mascarpone, 50g	£0.27
Fresh mixed berries, 60g	£0.76
Honey, 1 tsp	£0.04
AVERAGE TOTAL PER SERVING	£1.58

Ingredients

- 2 slices brioche
- 1 large egg
- 30ml semi-skimmed milk
- A pinch of cinnamon
- 1 tsp butter for the pan
- 50g mascarpone
- 60g fresh mixed berries
- 1 tsp honey

Method

- 1 Beat the egg, milk and cinnamon in a shallow dish.
- 2 Dip the brioche slices for 20 to 30 seconds each side.
- 3 Fry in the butter over a medium heat for 2 to 3 minutes each side until golden and the egg is cooked through.
- 4 Top with the mascarpone, berries and a drizzle of honey.

Store & prep ahead

Best eaten fresh.

Key micronutrients

Choline (egg). Calcium (mascarpone). Vitamin C and polyphenols (berries).

COACH'S NOTE

This is closer to a dessert than a typical breakfast, so it's one for an occasional treat rather than a Tuesday routine.

Shakshuka with Feta & Sourdough

North Africa and the Middle East, in one pan.

SERVES 1

PREP 10 MIN

COOK 20 MIN

NUTRITION PER SERVING — ESTIMATE

420

KCAL

24_g

PROTEIN

32_g

CARBS

22_g

FAT

6_g

FIBRE

OF WHICH SATURATES

6g

SALT

1.9g

HIGH IN SATURATED FAT & SALT

WHY IT'S CHEAP — A carton of passata and a block of feta between several breakfasts keeps this cheaper than it tastes.

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

INGREDIENT	AVG. COST
Large eggs, 2	£0.46
Passata, 200g	£0.18
Pepper, half	£0.23
Feta, 50g	£0.35
Sourdough, 1 slice	£0.12
AVERAGE TOTAL PER SERVING	£1.34

Ingredients

- 2 large eggs
- 200g passata
- ½ pepper, diced
- 1 tsp cumin and 1 tsp smoked paprika
- 50g feta, crumbled
- 1 slice sourdough bread
- Chopped parsley (optional)

Method

- 1 Soften the pepper in a little oil for 4 to 5 minutes.
- 2 Add the cumin and paprika for 30 seconds, then the passata with a pinch of salt. Simmer for 8 to 10 minutes until thickened.
- 3 Make two wells in the sauce and crack in the eggs. Cover and cook for 5 to 7 minutes, until the whites are set and the yolks still soft.
- 4 Scatter with the feta and parsley and serve with the sourdough for dipping.

Store & prep ahead

The sauce keeps in the fridge for 2 days. Reheat until steaming hot and add fresh eggs each time.

Key micronutrients

Lycopene and vitamin C (passata and pepper). Choline and vitamin B12 (eggs). Calcium (feta).

COACH'S NOTE

Feta is salty, so you'll rarely need to add much extra to this one.

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
Large eggs	6-pack	£1.35
Porridge oats	1kg bag	£0.85
Wholemeal bread	800g loaf	£0.55
Semi-skimmed milk	4 pints (2.27L)	£1.55
Bananas	loose, per kg	£0.85
Baked beans	400g tin	£0.35
Wheat biscuits	24-pack	£1.10
Bran flakes	500g box	£1.01
Natural yoghurt	500g tub	£0.67
Natural Greek yoghurt	500g tub	£0.97
Peanut butter, smooth	340g jar	£1.18
Honey, squeezey	340g bottle	£1.82
Frozen mixed berries	500-600g bag	£1.75
Mild cheddar	400g block	£1.88
Peppers	each, loose	£0.46
Spinach	240g bag	£0.76
Spring onions	bunch	£0.46
Butter	250g block	£0.99
Cherry tomatoes	200g punnet	£0.86
Plain flour	1.5kg bag	£0.45
Large wraps	8-pack	£0.86
Passata	500g carton	£0.46
English muffins	4-pack	£0.66
Baking powder	170g tin	£0.55
Sourdough bread	400-500g loaf	£1.68
Avocados	each	£0.76
Light cream cheese	200g tub	£1.17
Plain bagels	5-pack	£0.96
Smoked salmon	100g pack	£2.32
Chestnut mushrooms	250g pack	£0.96
Maple syrup	250ml bottle	£3.04
Sirloin steak	2 x 227g pack	£6.49
Halloumi	225g block	£2.02
Mascarpone	250g tub	£1.37
Feta	200g block	£1.37
Sliced ham	200g pack	£1.11
Smoked back bacon	200g pack (8 rashers)	£1.88
Brioche loaf	400g loaf	£1.68
Fresh mixed berries	200g punnet	£2.52
Lemons	6-pack net	£1.01

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.
- Asda price-matches Aldi and Lidl on many staples, so for milk, bread, baked beans and fresh fruit the average is close to the exact price at any of the three.
- Peanut butter, honey, yoghurt, frozen fruit, cheese and the weekend-menu ingredients 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

None of the ten recipes need a processed spread, margarine, flavoured cereal bar or sweetened yoghurt, which is where palm oil and long ingredient lists usually creep into a budget shop. Butter, plain dairy, eggs, oats, tinned beans and fresh or frozen fruit carry no palm oil risk at any of the three shops. The few items worth a label check are flagged on their recipe page: peanut butter, bread, wheat biscuits, bran flakes and honey. Sourdough, bagels and brioche are worth the same label check as everyday bread — look for 'vegetable oil' on the ingredients list, which can mean a palm oil blend in the cheapest lines. Smoked salmon carries the usual smoked-fish caution for pregnancy or a weakened immune system, and chorizo and smoked bacon are processed meats best kept occasional, same as anywhere else in this book. Steak, eggs, avocado, halloumi, mascarpone and feta carry no palm oil risk at any of the three shops.