BIRMINGHAM CITY University

BUDGET MEAL PLANNER

Not sure where to start when it comes to cooking on a budget?
Follow our student meal plan to get a week's shopping for **less than £35!**

WEEKLY MEAL PLAN

Follow this plan for your breakfast, lunch and dinner.

A little cooking is required but you'll also have plenty of leftovers for quick and easy lunches! We've laid out exactly how much of your shopping you'll need to use for each meal, so you definitely have enough to last the week. This meal plan is a mixture of meat, veggie and vegan meals, so if you're veggie or vegan, swap out meat products for alternatives. For this meal plan, we're assuming you've got some of the essentials that you don't need to top up each week, such as: salt, pepper, butter, oil and basic seasonings.

TOP TIP

If you forget to prepare a lunch for in-between lectures, don't worry! BCU provide free fruit and soup daily across our campuses, and have recently reduced food prices by 40% so there are plenty of affordable options to enjoy.

	BREAKFAST	SNACK	LUNCH	DINNER
Monday	Peanut butter or jam on toast *2x slices of bread, butter, jam or peanut butter*	Banana and/or snack bar	Ham sandwich *Ham, 2x slices of bread, butter*	Ham and cheese pasta bake *Ham, cheese, bag of pasta, pasta bake sauce*
Tuesday	Porridge with blueberries and peanut butter or jam *Oats, 1/3 pack of blueberries, milk, peanut butter or jam*	Banana and/or snack bar	Leftover ham and cheese pasta bake	Bean chilli with rice *Kidney beans, pinto beans, black beans, 1x pepper, 1 onion, ½ pack of mushrooms, 1x tin of tomatoes, seasoning, rice*
Wednesday	Peanut butter or jam on toast *2x slices of bread, butter, jam or peanut butter*	Banana and/or snack bar	Leftover chilli nachos *Leftover chilli, ½ bag tortilla chips, salsa, cheese*	Sweet potato and chickpea curry with rice *3x sweet potatoes, tin of chickpeas, 1x tin tomatoes, 1 onion, curry powder, seasonings, rice*
Thursday	Porridge with blueberries and peanut butter or jam *Oats, 1/3 pack of blueberries, milk, peanut butter or jam*	Banana and/or snack bar	Leftover ham and cheese pasta bake	Chicken Fajitas *2x chicken breasts, 2x peppers, ½ tin sweetcorn, 1 onion, 2x wraps, salsa, seasonings*
Friday	Peanut butter or jam on toast *2x slices of bread, butter, jam or peanut butter*	Banana and/ or snack bar	Leftover fajitas *2x wraps, leftover fajita mix, salsa*	Leftover chilli with sweet potato *Leftover chilli, 1x sweet potato, cheese*
Saturday	Porridge with blueberries and peanut butter or jam *Oats, 1/3 pack of blueberries, milk, peanut butter or jam*	Banana and/or snack bar	Beans on toast *2x pieces of toast, butter, tin of beans*	Veggie pizza wraps *2x wraps, tomato passata, ½ pack mushrooms, ½ tin sweetcorn, cheese*
Sunday	Peanut butter or jam on toast *2x slices of bread, butter, jam or peanut butter*	Banana and/or snack bar	Cheese sandwich *2 slices of bread, cheese, butter*	Leftover sweet potato curry with rice

MEALS ON A BUDGET

Here's everything you'll need to make our meals on a budget:

Tinned or cupboard items:

» Oats - 90p
» Loaf of bread - 99p
» Jam or peanut butter - £1.50
» Snack bars - £1.20
» Tortilla wraps - £1.10
» Salsa - £1
» 1kg bag long grain rice – £1.25
» Tin of kidney beans – 49p
» Tin of black beans – 49p
» Tin of pinto beans – 49p
» Tin of baked beans – 42p
» 2x tins of chopped tomatoes – 94p
» Tin of sweetcorn – 49p
» Tin of chickpeas – 49p
» Tomato pasta bake sauce - 69p
» Tomato passata – £1
» Tortilla chips – £1
» Curry powder - £1.35
» Pasta – 75p

Fruit and veg:

» Blueberries – £2.68
» 7 Bananas – £1.19
» Pack of 3 peppers - £1.69
» Pack of 3 brown onions - £1
» 1kg sweet potatoes – £1.17
» Mushrooms – £1.29

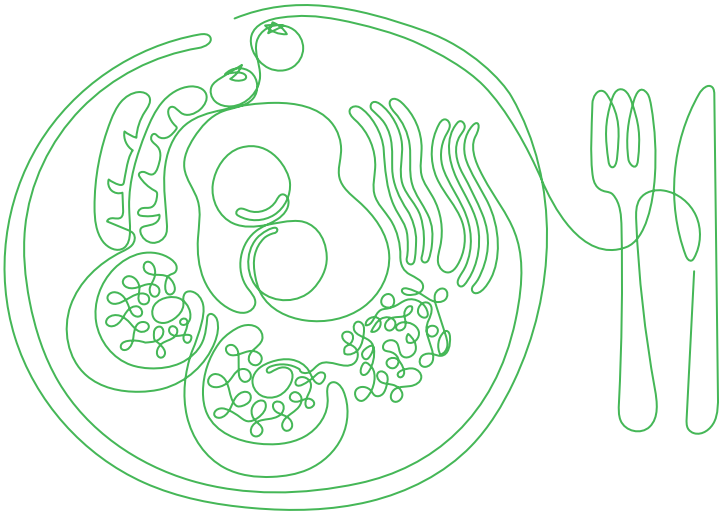
TOP TIP

The freezer is your friend - If you end up getting a takeaway one night or have more leftovers than you planned, don't worry! Freeze your leftovers and add them into your meal plan for the following week. You'll save even more money!

Meat and dairy or alternatives:

» Carton of milk or milk alternative £1.45
» 2x chicken breasts or vegan alternative - £2.28
» Cheese - £3.14
» Ham - £2.38

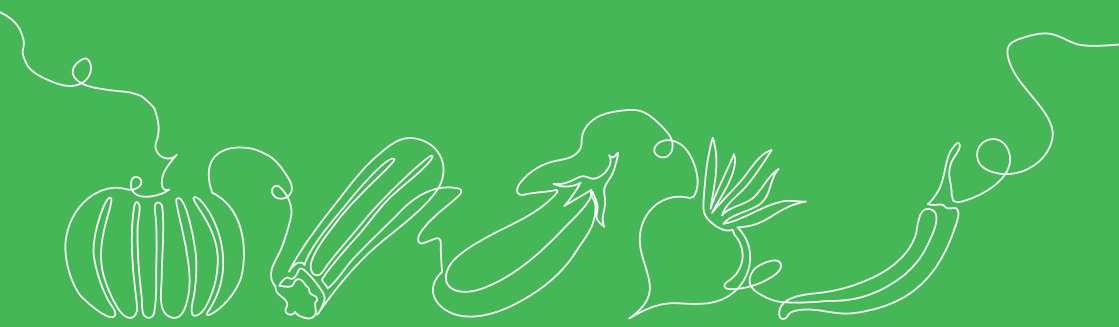
Total = £32.91



All prices based on cheapest items available at ASDA as of April 2025. Prices may vary depending on supermarket.

MY WEEKLY MEAL PLAN

	BREAKFAST	SNACK	LUNCH	DINNER
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

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