

Budget meal ideas

We're all watching our supermarket bills more carefully these days¹.

So here's some budget-friendly meal ideas – feed everyone in the family without worrying about spending more than you'd like. And since they're recommended by Aviva Smart Health's* nutritionists, you know they'll be healthy too.

Breakfast

- Porridge made with milk and topped with a sliced banana or dried fruit
- Overnight oats with yogurt and frozen berries
- Eggs or baked beans on wholemeal toast
- Nut butter and sliced banana on wholemeal toast
- Mixed vegetable omelette
- Wholegrain toast with spread, one boiled egg and a sliced tomato

Lunch

- Cucumber and cheese (grated, sliced or spread) sandwich
- Egg and tomato wholemeal sandwich
- Cheese salad sandwich made with reduced-fat cheddar, salad, wholegrain bread and spread
- Lentil and vegetable soup with wholemeal bread
- Tinned fish on toast with salad
- Jacket potato with baked beans, cheese and salad
- Chicken and vegetable traybake.



Dinner

- Wholewheat spaghetti with sardines, cherry tomatoes and a portion of salad
- Veggie burger with potato wedges and peas
- Chunky vegetable and bean goulash with brown rice and broccoli
- Tuna and sweetcorn pasta bake
- Vegetable curry and rice

Snacks

- Carrot, cucumber or celery sticks with hummus
- Oatcake with cheese spread or quark
- Cheese and crackers
- Frozen berries with yogurt
- Hard-boiled egg
- Sliced apple with peanut butter
- Microwave popcorn

Puddings

- Tinned or seasonal fruit served with yogurt
- Apple crumble and custard
- Rice pudding with jam
- Flapjacks with dried fruit.



Advice from expert nutritionists.

Consultations with expert nutritionists are available with Aviva Smart Health.

Ask the team any questions you have about your diet and they'll help you cook up ideas on what foods to include, and some healthy habits to pick up. Not to mention plenty of meal and snack ideas. It's all to help and support you reach your nutritional goals.

To book your consultation, visit the website: smarthealth.aviva.com

Download the app



This guide was written by Sarah West, Nutritionist at Teladoc Health.

Sources:

¹Is the cost of living crisis over and will the prices in the UK ever come down?, Big Issue, April 2024 (last accessed 02/05/2024).

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