



Spaghetti Bolognese Serves 2

Shopping List

- 1 can of tinned soup
- 1 packet frozen or mixed vegetables
- 1 can of tomatoes
- 1 can of corn kernels
- 1 can of baked beans
- 1 can of tinned fruit
- 1 bag of apples or oranges
- Large broccoli
- Bag of green beans
- 1kg potatoes
- Bag of carrots
- 4 onions
- 1 packet of wheat biscuits (eg. Weet-Bix)
- 1 packet of spaghetti
- 1 packet of rice
- 1 loaf of multigrain bread
- 2 litres milk
- 1 block of cheese
- 6 eggs
- 1 can tuna
- 500g minced meat or 300g chicken or fish
- Margarine
- Tea / Coffee

Total about \$40 - \$50

Note: You can substitute margarine for a jar of mixed herbs / sauces on alternating shopping trips



INGREDIENTS

- 1 onion
- 1 can tomatoes
- 1 cup mixed frozen vegetables
- 250g minced meat
- Herbs (optional)
- ½ packet spaghetti
- Grated or sliced cheese

METHOD

1. Boil water in saucepan, add spaghetti and cook for 15 minutes
2. Drain and put in bowl
3. Chop onion into small pieces and cook in hot saucepan
4. Move onion to one side and add meat stirring until brown
5. Add canned tomatoes, herbs and mixed vegetables and cook for 20 – 30 minutes
6. Add spaghetti to sauce and warm through
7. Serve in bowl with cheese

Note: You can use left over Bolognese in toasted sandwiches or on top of hot potatoes.

Fried Rice Serves 1 – 2

INGREDIENTS

- ½ cup rice
- 1 onion
- ½ cup lean bacon pieces (optional)
- 1 ½ cups of frozen or fresh vegetables
- Margarine or oil

METHOD

1. Fill saucepan with water and bring to the boil
2. Add rice and cook for 10 minutes
3. Drain rice and put in a bowl
4. Chop onion and bacon and vegetables
5. Heat small amount of oil or margarine in saucepan and cook onion and bacon for a few minutes
6. Add vegetables and cook for a further few minutes
7. Add rice and warm through and serve



Meal Ideas From Your Shopping List

Breakfast Ideas

- Weetbix with milk
- Scrambled / fried / boiled egg with toast
- Baked beans on toast

Lunch Ideas

- Cheese on toast or toasted cheese sandwich
- Hot potato with cheese and / or tuna
- Sandwich with egg and tomato
- Tinned soup with bread

Evening Meal Ideas

- Spaghetti Bolognese
- Rice with chicken & vegetables
- Savoury mince with mashed potato
- Fried rice

Snack Ideas

- Fresh fruit
- Canned fruit
- Glass of milk
- Cheese on toast / bread
- Carrot sticks

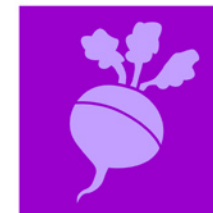
Budget Tips

- Shop at discount supermarkets such as NQR and Aldi
- Buy fruit and vegetables from markets and shop at closing times for specials
- Check catalogues for specials
- Buy fruit and vegetables in season
- Buy home brands when possible
- Buy bread from bakeries at the end of the day or the next day (some Vietnamese bakeries discount their bread at these times)
- Buy and use skim milk powder rather than fresh milk
- Cheaper take-away options are sushi, hand rolls, Vietnamese noodle soup or hamburger with egg and salad
- Buy in bulk
- Buy with friends
- Shop once per week rather than daily
- If you don't have access to a kitchen all the time, save up and buy a toasted sandwich maker that you can keep in your room.

Drinks

Water is the best option as it is free and Melbourne's water is among the best quality in the world – Drink plenty of it every day!

Soft drink is expensive and is NOT a healthy option



Eat Cheap For The Week

Food for \$40 - \$50

