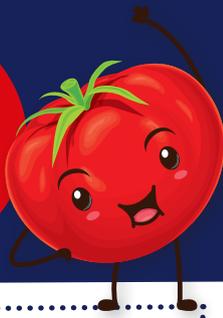


Kids' Brain Booster Plan

15 meals for under £15: Five days of nutritionally balanced breakfasts, lunches and dinners to help boost your little one's brain.
Created by Aldi and Nutritionist Lily Soutter.

5
Breakfasts,
Lunches + Dinners
for **£15**



Monday

Breakfast: Berrylicious Porridge

This strawberry porridge provides slow-release carbohydrates to fuel the brain all morning long.

Lunch: Avo Stars

Avocado on toast in star shapes topped with poached eggs. Eggs provide vitamin D to maintain healthy bones and muscles.

Dinner: Stronger for Longer Meatball Pasta

Turkey meatball pasta is a source of high-quality protein, providing all the amino acids (building blocks), required for growth.

Tuesday

Breakfast: Growing Green Giant Smoothie

Banana, spinach, and avocado smoothie provides iron which contributes to normal cognitive function.

Lunch: Jack's Magic Beans

Jacket potato with beans is a source of fibre and longer-lasting energy.

Dinner: Turkey Swords

Turkey strips contain tryptophan which when combined with carbohydrates converts to serotonin in the brain.

Wednesday

Breakfast: Strawberry & Banana Fro Yo

Strawberry and banana yoghurt is a source of vitamin C and provides a calcium boost.

Lunch: Mighty Vegetable Soup

This mixed vegetable soup provides 2 of the 5 a day and key nutrients such as vitamin A.

Dinner: Guactastic Bean Burgers

Mexican bean burger with guacamole and wedges is fibre rich which feeds our healthy gut bacteria.

Thursday

Breakfast: Green Monster Pancakes

Spinach pancakes with mozzarella and tomatoes provide iron and vitamin C which fights fatigue.

Lunch: Unicorn Fritters

Sweetcorn fritters provide a fibre boost and B vitamins which helps to convert the food we eat into energy.

Dinner: Veggie Cowboy Pie

Baked bean pie with mash is a source of slow-release carbohydrates to provide a steady supply of glucose to the brain.

Friday

Breakfast: Egg Soldiers

Boiled eggs with toast provide vitamin B12, a nutrient required for the functioning of the nervous system.

Lunch: Rainbow Pizza

Veggie pizzas provide rainbow plants to encourage the growth of a diverse range of beneficial gut bacteria.

Dinner: Brain Power Fish Cakes

Mackerel fish cakes provide a rich source of essential omega 3 fats to nourish the brain.

Shopping List

- Oats (1kg) 75p
- 2 pints of milk (568g) 80p
- Yoghurt (500g) 45p
- Frozen banana + strawberries (600g) £1.29
- 4 Avocados £1.09
- Plain flour (1.5K) 45p
- 6 Medium eggs 69p
- Mozzarella (200g) 43p
- 6 Tomatoes (Super 6*) 49p
- Spinach (240g) 99p
- Lemon juice (250ml) 33p
- Wholemeal bread (800g) 36p
- Frozen broccoli, cauliflower, peas & carrots (1kg) 0.79
- 4 Potatoes 39p
- Garlic puree (75g) 69p
- Canned mackerel in oil (125g) 57p
- Bunch of spring onions 37p
- Baked beans (420g) 22p
- Turkey mince (500g) £1.79
- Pasta sauce with tomato and herbs (440g) 39p
- Wholewheat pasta (500g) 39p
- 1 can of kidney beans (400g) 30p
- Smoked paprika (40g) 49p
- 1 can of sweetcorn (340g) 37p



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Monday

Breakfast: Berrylicious Porridge

Ingredients:

30g oats / 150ml milk
/ 30g frozen sliced strawberries

Method:

1. Place strawberries in a bowl and defrost.
2. Place oats in a bowl with 150ml milk. Cook for 2 minutes in the microwave. Stir in more milk if needed. Top with defrosted sliced strawberries.



Health Benefit: Our brain runs on sugar to function. In fact, it uses as much as 20% of all energy required by the body. Oats are complex carbohydrates which provide a steady release of sugar and fuel to the body and brain.

Lunch: Avo Stars

Ingredients:

1/2 an avocado
/ 1 slice of bread / 1 egg

Method:

1. In a bowl, mash half an avocado with a fork until a puree.
2. Toast bread and cut into a star shape.
3. Crack egg and place in a bowl.
4. Boil water in a pan and swirl gently with a spoon. Carefully add your egg to the pan and cook for 2-3 mins.
5. Spread avocado puree over the star-shaped toast.
6. Once the egg is ready place on top of the stars. Season with salt and black pepper.



Health Benefit: Eggs are one of the few foods which contain vitamin D. This nutrient is important for maintaining healthy bones and plays a role with immune function. Eggs also contain B vitamins, which are needed to convert the food we eat into energy and supports a healthy nervous system.



Health Benefit: Turkey is a rich source of high-quality protein, providing all the amino acids (building blocks), required for growth.



Dinner: Stronger for Longer Meatball Pasta

Ingredients:

Meatballs: 120g turkey mince / 1/4 spring onion (white end), finely chopped / 1/2 tsp garlic puree / 1/4 egg, whisked

For the rest: 1/3 pasta sauce with tomato and herbs / 1/2 tsp garlic puree / 50g wholewheat pasta / 1 slice brown bread / green end of a spring onion

Method:

1. To make the garlic bread - drizzle 1 slice of brown bread with 1 tsp olive oil. Spread the garlic puree on top. Sprinkle with a pinch of salt. Place on a baking tray in oven at 200 degrees. Cook for 6 minutes or until crisp.
2. For the meatballs - place all ingredients into a bowl with salt and pepper.
3. Mix ingredients together with your hands and roll into 6 balls. Place on a plate in the fridge for 20 minutes.
4. Heat a pan with oil, and cook meatballs for 3 minutes on all sides until brown all over.
5. Lower the heat, pour in 1/3 of the pasta sauce with tomato and herbs. Gently simmer for another 10 mins, and regularly stir. Add a little water if the sauce dries up.
6. In the meantime cook pasta as per instruction on packet, and drain.
7. To serve - top the drained pasta with the cooked meatballs and sliced green ends of a spring onion. Serve with sliced garlic bread.



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Tuesday

Breakfast: Growing Green Giant Smoothie

Ingredients:

100g frozen sliced banana / 1 handful spinach / ¼ avocado / 10g oats / 200ml milk / Very small squeeze of lemon juice

Method:

1. Blend & serve.



Health Benefit:

A delicious way to consume 2 of the 5-a-day whilst packing in the greens. Dark green leafy veg is a source of iron which contributes to normal cognitive function. The additional vitamin C rich lemon can aid with iron absorption from the gut.

Lunch: Jack's Magic Beans

Ingredients:

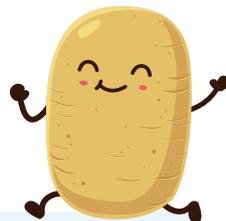
½ can of baked beans / 1 potato / 10g of sweetcorn / ¼ green end of spring onion / ½ tomato

Method:

1. Preheat oven to 200 degrees celsius (fan). Pierce top of the potato with a fork. Place the potato on a baking tray and bake in the oven for 50-60 mins.
2. Microwave beans in a bowl for 2-3 minutes.
3. Microwave sweetcorn in a bowl for 1-2 minutes.
4. Slice open potato and add a pinch of salt and pepper. Pour over the potato the baked beans then sprinkle sweetcorn on top.
5. Garnish with the sliced green end of a spring onion. Serve with ½ sliced tomato and season with pepper.



Health Benefit: This recipe is jam-packed full of fibre. Fibre is not only good for the gut but helps to slow the release of energy to the body and brain. A perfect dish for longer-lasting energy.



Dinner: Turkey Swords

Ingredients:

120g turkey mince / ¾ tbsp flour / ½ egg whisked / 1 slice wholemeal bread / ½ tsp garlic puree / ½ tsp paprika / 20g peas / 30g broccoli / Green end of spring onion, sliced / ½ potato, cut into long chip shapes

Method:

1. Preheat oven to 200 degrees celsius fan.
2. Place potato slices onto a baking tray. Drizzle with oil, salt and pepper and cook for 20-25 minutes or until golden.
3. Place wholemeal bread in a blender, blend into breadcrumbs.
4. In a bowl place 120g turkey mince, garlic, flour, egg, smoked paprika, and a sprinkle of salt and pepper.
5. Using your hands, mix the ingredients and make three turkey strips. Ensure they are not too thick to allow for proper cooking.
6. Prepare 3 separate bowls, flour seasoned with salt and pepper for the first, whisked egg for the second, and bread crumbs for the third.
7. Coat each turkey strip in the flour, then egg and finally breadcrumbs. Ensure that the coating is firmly placed onto each strip. Place strips on a baking tray with a drizzle of oil and cook for 20 minutes, turning halfway through.
8. Serve on a plate topped with green spring onion. Serve with homemade chips, peas and broccoli.



Health Benefit: Turkey contains tryptophan which is converted to serotonin within the body. When combined with carbohydrates such as potato, more tryptophan may reach the brain. Whilst there is not enough research yet to suggest that eating lots of tryptophan will boost the mood, we do know that meeting daily protein and carbohydrate requirements is important for overall wellbeing.



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Wednesday

Breakfast: Strawberry & Banana Fro Yo

Ingredients:

150g yoghurt / 100g frozen strawberry and banana slices

Method:

1. Blend & serve. Optional - add a drizzle of honey or other sweetener if you have available.

Health Benefit: Plant pigments called anthocyanins are found in strawberries, and provide the vibrant pink colour to this yoghurt. Preliminary research suggests that anthocyanins may be good for cognition. Strawberries are also rich in vitamin C, a nutrient required for reducing tiredness and fatigue. Lastly, yoghurt is a source of calcium, which is important for healthy bones and teeth.

Lunch: Mighty Vegetable Soup

Ingredients:

1/2 potato, cut into chunks / 1 tsp of garlic puree / 50g frozen broccoli, cauliflower, pea, carrots / 1 tsp garlic puree / 1 spring onion / 30g kidney beans / 1 tbsp yoghurt / 1/2 tsp paprika / 1 slice, wholemeal bread

Method:

1. Cut the potato into chunks leaving the skin on.
2. Boil potatoes for 10 minutes, then add the frozen veg and cook for a further 5 minutes.
3. Strain the potatoes and veg. Add the kidney beans, garlic, paprika, spring onion, salt and pepper and blend with a handheld food processor until smooth.
4. Add 200ml of water, bring to the boil and simmer for 15 minutes. Stir regularly and add extra water if too thick.
5. Serve in a bowl and swirl the yoghurt on top and sprinkle with a paprika. Serve with a slice of toast.

Health Benefit: This nutrient-dense soup comes with at least 2 of the 5 a day, and is a delicious way of providing key nutrients including vitamin A and fibre.



Dinner: Guactastic Bean Burgers

Ingredients:

For the burgers:

80g kidney beans, drained weight

1/2 slice wholemeal bread / 1/2 tsp smoked paprika / 1/4 egg / 1/2 clove garlic / 1/4 spring onion, white part. **For the guacamole:** 1/2 avocado / 1/4 tomato diced, finely / 1/2 tbsp lemon juice / 1/4 spring onion / 1/4 tsp smoked paprika. **For the rest:** 1/2 potato, cut into wedges / 1/2 sliced tomato / handful spinach / 2 tbsp sweetcorn

Method:

1. Heat the oven to 200 degrees celsius (fan). Place the potato wedges on a baking tray, drizzle with oil and season with salt and pepper. Cook for 20-25 minutes.
2. Place wholemeal bread in a blender, blend into breadcrumbs.
3. To make the burger - place 80g kidney beans in a bowl and mash with a fork. Add the rest of the burger ingredients with salt and pepper.
4. Shape the mix with your hands and place on an oiled non-stick baking tray. Cook for 15 minutes.
5. To make the guacamole - with a fork mash avocado in a bowl with salt and pepper. Add the rest of the ingredients and mix.
6. To serve - place the cooked burger on the plate. Top with a dollop of guacamole and a sprinkle of smoked paprika. Serve with sliced tomato, spinach and a serving of sweetcorn and cooked wedges.

Health Benefit: A great source of plant-based protein and fibre. A fibre-rich diet feeds our beneficial gut bacteria to help it flourish and grow. Scientists are referring to our gut as our second brain, and whilst the research is still in its infancy, reaching our daily fibre target is important.



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Thursday



Breakfast: Green Monster Pancakes

Ingredients:

20g plain flour / 35ml milk / 1/2 medium egg, whisked / 60g mozzarella, sliced / 25 tomatoes, diced / 15g spinach / 1 tsp lemon juice (optional) / green of a spring onion

Method:

1. Dice 1 tomato, and slice 60g mozzarella.
2. Whisk egg in a bowl. Place spinach, flour, 1/2 the whisked egg, and milk into a blender with salt and pepper. Blend until smooth.
3. Heat pan with some oil. Pour in spinach mix to make one pancake and cook for 1 minute on either side.
4. Serve the pancake on a plate. Place sliced mozzarella and tomato on top with a sprinkle of sliced spring onion (green ends), and season with black pepper and salt.

Health Benefit: A delicious way of sneaking in the greens. These pancakes provide iron which fights fatigue and contributes to the normal function of the immune system. The mozzarella provides calcium and high-quality protein, whilst the tomato gives the dish a hit of vitamin C.

Lunch: Unicorn Fritters

Ingredients:

For the fritters: 100g sweetcorn / 1/2 egg / 18g flour / 1 spring onion / 1/2 tsp garlic puree / 1/4 tsp smoked paprika.

For the rest: 1/2 sliced avocado to serve / 1 tsp lemon juice / 1 tbsp yoghurt / 1/4 tomato

Method:

1. Combine the fritter ingredients in a bowl and season with salt and pepper.
2. Place oil in a pan and heat. Pour two portions of the fritter mix into the pan and fry either side until golden.
3. Serve fritters on a plate, top with a dollop of yoghurt, 1/4 sliced tomato, a sprinkle of smoked paprika and a side of sliced avocado.



Health Benefit: With 2 portions of veg per serve, you can't go wrong with this lunch. High in fibre to keep hunger at bay. Sweetcorn also comes with B vitamins, which helps to convert the food we eat into energy. Perfect brain fuel!



Dinner: Veggie Cowboy Pie

Ingredients:

110g baked beans / 1/2 potato / 1/2 slice bread / 70g Mozzarella / 40g mix of broccoli, cauliflower and peas

Method:

1. Chop potato with the skin on and add to the pan with boiling water and a dash of salt. Cook for 12-15 minutes.
2. Strain the potatoes and mash with salt, pepper with 1 tsp oil.
3. Pour 110g beans into a small baking dish for an individual children's pie. Place the mash potato on top of the baked beans in the baking dish.
4. Slice mozzarella and place on top of the mash.
5. In a blender, blend half slice of brown bread with a pinch of salt to make the bread crumbs and sprinkle over the pie.
6. Place pie in oven 200 degrees Celsius (fan) for 15 minutes.
7. Serve with steamed broccoli, cauliflower, and peas.

Health Benefit:

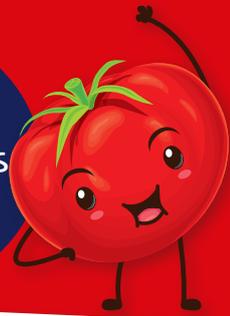
A source of slow-release fuel, and jam-packed with a veggie protein source to support growth. This delicious pie provides a steady supply of glucose to the body and brain.



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Friday

Breakfast: Egg Soldiers

Ingredients:

1 egg / 1 slice of bread

Method:

1. Boil water in a pan.
2. Add whole egg in shell and cook for 4-5 mins.
3. Toast bread then slice in strips ready for egg dipping.



Health Benefit: A protein-rich breakfast with complex carbs is a great way to start the day. Eggs provide vitamin B12, a nutrient required for the normal functioning of the nervous system.



Dinner Brain Power Fish Cakes

Ingredients:

For the fish cakes: 1 white potato / 1/2 x 125g canned mackerel in oil, drained (retaining oil in a separate bowl) / squeeze of lemon juice / 1/2 egg / 1/2 slice wholemeal bread / 1 tsp flour / 1/4 green end of spring onion, finely diced
To serve: 1 tbsp yoghurt / 40g portion broccoli, cauliflower, peas & carrots

Method:

1. Cut one potato into chunks. Heat a pan of water, bring to the boil and cook potato for 12-15 minutes. Strain water.
2. Place 1/2 slice wholemeal bread in a food processor, blend into breadcrumbs.
3. In a blender, add all of the fish cake ingredients with 1.5 tsp of the mackerel oil and a pinch of salt and pepper. Blend until a smooth paste.
4. Place some oil on a baking tray, and dish out two fish cake sized portions of the mix onto the tray. Shape roughly with your hands.
5. Place in the oven at 200 degrees celsius (fan) for 20 minutes.
6. Once cooked, stack the two fish cakes on a plate. Serve with a dollop of yoghurt and sliced green ends of spring onion.
7. Serve with lightly steamed broccoli, cauliflower, peas & carrots.

Lunch: Rainbow Pizza

Ingredients:

2 slices of wholemeal bread / a few leaves of spinach / 70g mozzarella, sliced / 1 tbsp sweetcorn / 3 tbsp pasta sauce with tomato and herbs / 1 tbsp peas

Method:

1. Slice crust off 2 slices of wholemeal bread. Lightly toast in a toaster.
2. Spread 1.5 tbsp of tomato pasta sauce evenly on each slice of bread.
3. Top with mozzarella, sweetcorn, peas, and season with salt and pepper.
4. Place in the oven at 200 degrees celsius for 10 minutes. Add spinach halfway through cooking. Serve.

Health Benefit: A diverse diet full of rainbow plant-based foods may help to feed and develop a diverse gut microbiota. Scientists are linking the gut to the brain, which means the health of our gut may impact our brain.



Health Benefit:

Mackerel is a rich source of essential omega 3 fats. Our brain is 60% fat and oily fish is a perfect way to nourish the brain.



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Monday

Breakfast: Jam-Packed Pancakes

These homemade strawberry jam pancakes are a delicious way of packing in 2 of the 5 a day.

Lunch: Wrap It Up

Falafel and hummus pittas are a powerhouse of plant-based protein and fibre.

Dinner: Peas Be Mine Pasta

This pesto pea wholegrain pasta is full of fibre and rich starchy carbohydrates, which are a good source of energy.

Tuesday

Breakfast: Nutty Professor Porridge

Peanut and banana porridge is a super balanced breakfast of slow-release carbohydrates and protein.

Lunch: Wild Forest Pizza

Wholegrain pizza with pesto, spinach and peas has made eating our greens so easy and delicious.

Dinner: Spartacus Cous

This roasted vegetable couscous packs in the veggies, providing 2 of the 5 a day. A delicious way to eat the rainbow!

Wednesday

Breakfast: Pink Sunrise Smoothie

Strawberry and oat smoothie. Did you know that strawberries are a top source of vitamin C?

Lunch: Grow Mega Muffin

These egg, tomato and cheese muffins provide high-quality protein for growth!

Dinner: Veggies for Victory

This veggie bake not only tastes delicious but provides a diverse range of vitamins and minerals.

Thursday

Breakfast: Banging Overnight Oats

These banana overnight oats are jam-packed full of protein and fibre, great for keeping hunger at bay.

Lunch: Let's Avo Cuddle

Avocado and egg salad with potato wedges is full of monounsaturated fats for a healthy heart.

Dinner: Pealicious Soup

Pea and pesto soup is a nutrient-dense meal boasting both carbohydrates and plant-based protein.

Friday

Breakfast: Boogey Man Toast

This avocado on toast has a delicious twist, with the addition of vitamin C rich strawberries.

Lunch: Egg On Your Face

Mushroom omelette provides a protein punch and the building blocks for growth.

Dinner: Stuffed Pepper Pot

Stuffed peppers with sundried tomato couscous is not only colourful but provides vitamin A, C and potassium!

Shopping List

- Oats (1kg) 75p
- Milk (2 pints) 80p
- Yoghurt (500g) 45p
- Frozen banana + strawberries (600g) £1.29
- 12 eggs £1.29
- Mixed peppers (3) 79p
- Garden peas (907g) 55p
- 6 Wholemeal pitta bread 35p
- Pesto Basil (190g) 55p
- Mozzarella (240g) 45p
- Peanut butter smooth/crunchy (350g) 85p
- 1 Avocado 85p
- Cumin (40g) 49p
- Cherry tomatoes (350g) 67p
- Spinach (240g) 99p
- Can of chickpeas (400g) 30p
- Can of carrots (195g drained weight) 20p
- Garlic puree (75g) 69p
- Wholewheat pasta (500g) 39p
- Bunch of spring onion 37p
- Mushrooms (250g) 59p
- 4 Potatoes 39p
- 1 x Cucina Stir in Pasta Sauce - Sun-dried Tomato 55p



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Monday

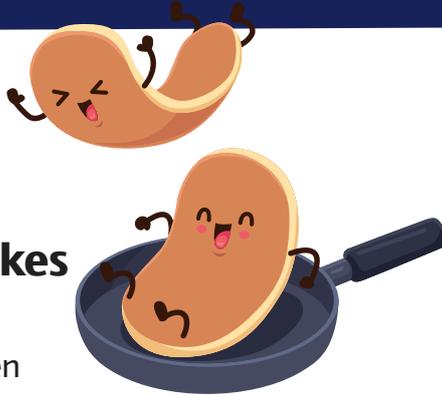
Breakfast: Jam-Packed Pancakes

Ingredients:

60ml milk / 1 egg / 60g frozen sliced banana / 50g oats / 1 heaped tbsp yoghurt / 50g frozen sliced strawberries

Method:

1. Place the egg, milk, banana and oats into a blender and blend until smooth.
2. Heat a pan with oil and pour in pancake mix to make 2 pancakes. Cook either side for 1-2 minutes until they start to turn golden.
3. To make the strawberry jam: place the strawberries in a bowl in the microwave to defrost and warm slightly. Add a dash of sugar (optional and no more than 1 tsp). Using a fork, mash the strawberries to make a puree.
4. Serve pancakes with a dollop of yoghurt and top with the strawberry jam.



Health Benefit: A delicious way of packing in 2 of our 5 a day! Hiding fruit within recipes such as pancakes adds a natural boost of sweetness and flavour. This breakfast also provides high-quality protein, which is important for growing children.

Dinner: Peas be Mine Pasta

Ingredients:

50g wholewheat pasta / 1½ tbsp pesto / 20g mushrooms, sliced / 3 cherry tomatoes, halved / ¼ pepper, sliced / 30g peas

Method:

1. Boil a pan of water. Cook pasta as per instructions on the packet.
2. In a large pan, heat a small amount of oil. Place the mushrooms, cherry tomatoes, pepper, and peas and cook for 5-7 minutes, stirring regularly.
3. Drain the pasta, add to the pan of vegetables and stir in the pesto. Cook for a further minute and serve.

Health Benefit: Wholegrain pasta is a starchy carbohydrate, which is a good source of energy. Starchy carbs should consist of just over a third of children's total food intake. Wholegrain options provide additional fibre and are a great way to pack in nutrients such as B vitamins, and minerals including iron, zinc, copper and magnesium.

Lunch: Wrap it up

Ingredients:

For the falafel: 80g chickpeas, drained weight / ½ tsp garlic puree / ½ spring onion, finely sliced / ⅓ tsp cumin / ¼ egg whisked

For the hummus: 60g chickpeas, drained & 30g of chickpea liquid / ½ tsp garlic puree / ½ tbsp peanut butter / ¼ tsp cumin

For the rest: 1 wholemeal pitta / 3 cherry tomatoes, halved / Handful of spinach leaves

Health Benefit: A powerhouse of plant-based protein and fibre. The addition of chickpeas is a cost-effective and versatile way to give any dish a nutrient boost.

Method:

1. In a bowl place all of the falafel ingredients. Mash with a potato masher, and season with salt and pepper.
2. Using your hands shape 2 falafel balls. Place in a small oiled pan filled to ¼ inch and cook for 3-4 minutes on both sides over medium heat until nicely browned, but be careful not to burn.
3. Blend hummus ingredients together with a touch of salt and pepper.
4. Toast the pitta bread. Slice open. Spread over hummus, add falafel, cherry tomatoes and a handful of spinach leaves.



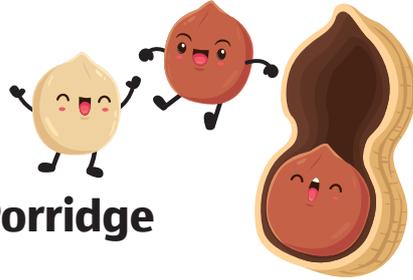
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Tuesday



Breakfast: Nutty Professor Porridge

Ingredients:

30g oats / 150ml milk / ½ tbsp peanut butter
/ 40g frozen sliced banana

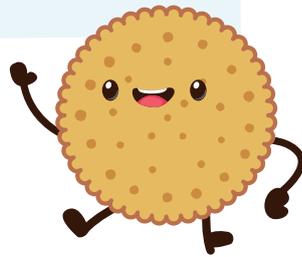
Method:

1. Place banana in a bowl and defrost.
2. Place oats in a bowl with 150ml milk. Cook for 2 minutes. Stir in more milk if needed. Top with the peanut butter and stir into the oats slightly. Finally, top with defrosted sliced banana.

Health Benefit:

A super balanced breakfast of slow-release carbohydrates from the oats and an extra protein boost from the peanut butter. These overnight oats are naturally sweetened by banana which is a great source of morning energy!

Lunch: Wild Forest Pizza



Ingredients:

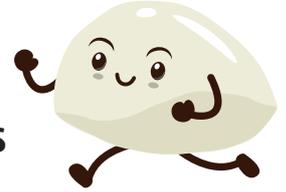
1 wholemeal pitta / 2 tbsp pesto /
15 small spinach leaves / 15g frozen peas / 60g Mozzarella

Method:

1. Lightly toast the pitta bread. Slice the pitta in half to open.
2. Spread pesto on each slice. Top with sliced Mozzarella and peas.
3. Place in oven at 200 degrees celsius (fan) for 11-12 minutes.
4. Halfway through cooking, add spinach leaves.
5. Season with salt (optional) and pepper and serve.

Health Benefit: Eating our greens has never been so easy with this delicious super green pizza. Green veggies provide iron, folate and magnesium, all of which are important for fighting fatigue.

Dinner: Spartacus Cous



Ingredients:

½ packet of roasted vegetable cous cous
/ 1 pepper, sliced / 3 cherry tomatoes
/ 20g mushrooms, halved / handful spinach
leaves / 20g chickpeas / 60g Mozzarella,
cut into squares

Method:

1. Preheat oven to 180 degrees celsius (fan)
2. Place sliced red pepper, tomato and mushrooms onto a baking tray. Drizzle with oil and season with salt and pepper.
3. Roast for 25 minutes or until cooked.
4. Prepare the roasted vegetables couscous as per instructions on the packet.
5. Once cooked, mix the couscous, chickpeas, Mozzarella, roasted vegetables, and a handful of spinach in a bowl and serve.

Health Benefit: This recipe packs in the veggies, providing 2 of the 5 a day. A delicious way to eat the rainbow! This dish comes with vitamin C rich peppers and tomatoes and iron-rich spinach. Count the colours for wellbeing!



Please note - Recipes include seasoning such as salt for flavour, however small children should be mindful of added salt within their diets. For further guidance on daily salt intake for children please head over to the NHS website - <https://www.nhs.uk/live-well/eat-well/salt-nutrition/>



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Wednesday

Breakfast: Pink Sunrise Smoothie

Ingredients:

100g yoghurt
200ml milk
100g strawberries
50g banana
20g oats

Method:

1. Blend & serve

Health Benefit:

Did you know that strawberries are a top source of vitamin C? Vitamin C is required for the normal function of the immune system, skin health and even energy production!



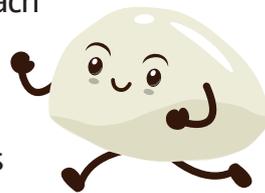
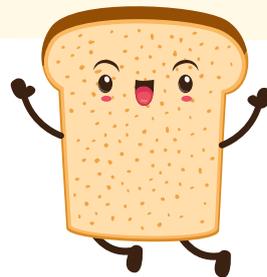
Lunch: Grow Mega Muffin

Ingredients:

10g Mozzarella / 2 cherry tomatoes, halved / 2 eggs / 10g frozen peas/ 8g spinach / 30g carrots / 1 wholemeal pitta bread

Method:

1. Preheat the oven to 200 degrees celsius (fan). Coat a muffin tray lightly with oil.
2. Place the peas, spinach, tomato halves and Mozzarella (chopped into pieces and split evenly) into 2 of the muffin trays. Whisk the eggs. Tip mix into the muffin tray being careful not to fill too high.
3. Place the tray in the oven for 14 minutes, or until cooked through.
4. Serve with cooked sliced carrots and toasted pitta bread drizzled with some oil.



Health Benefit: This recipe is full of high-quality protein for growth! Eggs are one of the few food sources of vitamin D, a key nutrient to support healthy bones.

Dinner: Veggies for Victory

Ingredients:

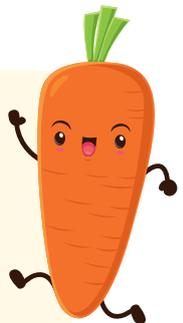
For the burgers: 30g mushrooms, sliced / 20g carrots (drained weight) / 75g stir in sundried tomato pasta sauce / 1/2 pepper sliced / 1 potato / 60g Mozzarella

Method:

1. Boil a pan of water and cook the potato for 15 minutes. Drain and slice into round circles with the skin on.
2. Preheat the oven to 200 degrees celsius (fan).
3. In a small baking pan (small enough for one serve), place the mushrooms, carrots, pepper, and sundried tomato pasta sauce. Top with sliced potato, ensuring it is fully covered. Lastly, lay over sliced Mozzarella, and season with salt (optional) and pepper.
4. Place in the oven for 25 minutes or until the Mozzarella looks golden.



Health Benefit: This veggie bake not only tastes delicious but provides a diverse range of nutrients. From vitamin A-rich carrots for vision, calcium for healthy bones, and B vitamins for energy production. The list is endless...



Kids' Veggie Variety Plan

15 meals for under £15: Five days of nutritionally balanced breakfasts, lunches and dinners to help boost your little one's brain.

Created by Aldi and Nutritionist Lily Soutter.

5
Breakfasts,
Lunches + Dinners
for **£15**



Thursday

Breakfast:

Banging Overnight Oats

Ingredients:

60ml milk / 30g oats / 1.5 tbsp yoghurt / 50g frozen banana slices / ½ tbsp peanut butter

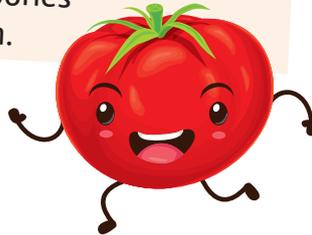
Method:

1. The evening before, mix your oats and milk together. Cover and let this sit in a bowl overnight.
2. The next morning defrost the banana. Top the oats with yoghurt, then the sliced banana and finally the peanut butter. Serve.



Health Benefit:

This recipe is jam-packed full of protein and fibre, both of which are helpful for keeping hunger at bay. The additional yoghurt is a source of calcium, a mineral required for maintaining healthy bones and teeth.



Lunch:

Let's Avo Cuddle

Ingredients:

5 cherry tomatoes / 2 handfuls spinach leaves / ½ spring onion, green end sliced / 1 egg / ½ avocado / 1 potato, cut into wedges

Method:

1. Preheat the oven to 180 degrees celsius. Place potato wedges and cherry tomatoes onto a baking tray, top with spring onion and drizzle with oil. Roast tomatoes for 20 minutes or until cooked. Roast wedges for 30 minutes or until cooked.
2. To poach the egg, crack and place in a bowl. Boil water in a pan and swirl water gently with a spoon. Carefully add your egg to the pan and cook for 2-3 mins.
3. Slice avocado lengthways into moon shapes.
4. On a plate, place fresh spinach leaves, top with roasted cherry tomatoes, avocado, potato wedges, top with the poached egg and season with salt (optional) and pepper.

Health Benefit: Avocado is a great veggie for children and is full of healthy monounsaturated fats for the heart. It is also a good source of folate which helps to break down the carbohydrates we eat into energy.

Dinner:

Pealicious Soup

Ingredients:

1 tsp garlic puree / 125g peas / ½ potato / 1 tbsp pesto / 1 slice toasted pitta

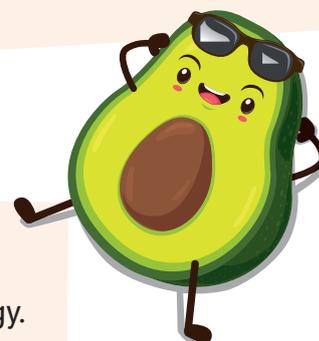
Method:

1. Heat a pan of boiling water. Add the potato and peas. Cover with a lid and simmer for 10 minutes. Once cooked, drain the water.
2. Blend the peas and potato using a food processor or handheld blender.
3. Place the pea and potato mixture back into the pan with 50ml water, bring to boil. Add more water if needed. Turn off the heat. Stir in 1 tsp garlic puree. Season with salt and pepper.
4. Serve in a bowl, dollop on 1 tsp pesto and gently swirl into the soup.
5. Serve with one slice of toasted pitta bread.



Health Benefit:

Pea soup is a nutrient-dense meal boasting both carbohydrates and plant-based protein. Peas provide a wealth of nutrients including vitamin K, C, B vitamins magnesium, zinc and iron.



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Friday



Breakfast: Boogey Man Toast

Ingredients:

1 wholemeal pitta bread
/ 1/2 ripe avocado / Handful
of strawberries

Method:

1. Toast the pitta bread.
Slice open.
2. In a bowl mash avocado
with a fork. Spread over
toasted pita.
3. Top with sliced
strawberries.

Lunch: Egg On Your Face

Ingredients:

2 eggs / 1 handful spinach / 1/4 tsp garlic puree / 30g
mushrooms, sliced / 30g garden peas / 1 wholemeal pitta

Method:

1. Heat oil in a pan. Fry mushrooms and garlic puree for 5-7
minutes with salt and pepper. Turn off the heat and stir in
the spinach until wilted.
2. Whisk 2 eggs in a bowl. In an oiled pan pour in the egg
mixture and place cooked mushrooms and spinach on top.
Cook for 2 minutes, fold over and cook for 20 more seconds
or until cooked.
3. Place on a plate, season with salt and pepper. Serve with a
portion of cooked garden peas and a toasted wholemeal
pitta bread.

Health Benefit:

This avocado on toast has a delicious twist, with the addition of vitamin C rich strawberries. This breakfast has no added sugar relying on the natural flavours of the fresh fruit. It is low in saturated fats yet a source of monounsaturated fat, a great combo for a healthy heart.



Health Benefit: There's a big misconception that veggie meals lack protein, but this couldn't be further from the truth. Eggs are a great source of high-quality protein, providing all the amino acids (building blocks) for growth. This dish certainly provides a delicious way to pack in a protein punch.

Dinner Stuffed Pepper Pot

Ingredients:

1 pepper / 1/2 packet of
roasted vegetable couscous
/ 50g Mozzarella / 2 tbsp
sundried tomato pasta
sauce / 1/2 spring onion
(green end), sliced / 40g green peas

Method:

1. Preheat the oven to 180 degrees
celsius (fan).
2. Halve the bell vertically, from the stem to
the base. Remove seeds and white areas
of the pepper. If you struggle, try removing
the stalk as well.
3. Place on a baking tray and drizzle over
the oil. Using your hands, ensure that the
peppers are fully covered. Season with salt
and pepper. Roast for 20 mins.
4. Prepare your roasted vegetable couscous
as per instructions on the packet. Stir in the
sundried tomato pasta sauce, and sliced
spring onion.
5. Once the peppers are cooked fill with
the sundried tomato couscous mix. Top
the peppers with sliced Mozzarella and a
sprinkle of black pepper.
6. Turn the heat up to 200 degrees celsius
(fan). Bake in the oven for 14 minutes or
until the cheese starts to turn golden.
7. Serve with a side of cooked green peas.

Health Benefit: Bell peppers are not only colourful but are an excellent source of vitamin A, C and potassium! The bright red pigment from the sundried tomato is due to lycopene which has antioxidant properties. Lastly, this recipe is super balanced providing a healthy ratio of macros.

