Speedy family budget meal plan

BBC Good Food COOK SMART

Monday

Tomato & pasta soup

Tuesday

Noodle stir-fry with crunchy peanuts

Wednesday

Potato, pea & egg curry rotis

Thursday

One-pan chicken couscous

Friday

Refried bean quesadillas

Saturday

Microwave butternut squash risotto

Sunday

Fridge-raid fried rice

Best Budget Meal Plan Nyc

Lingjun Ying

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