BAPEN

Better nutrition.
Better health.
Better lives.

UK MALNUTRITION AWARENESS WEEK

UKMAW 2026
Nutrition Support Basket

Seven days of affordable,
nourishing food for two people.



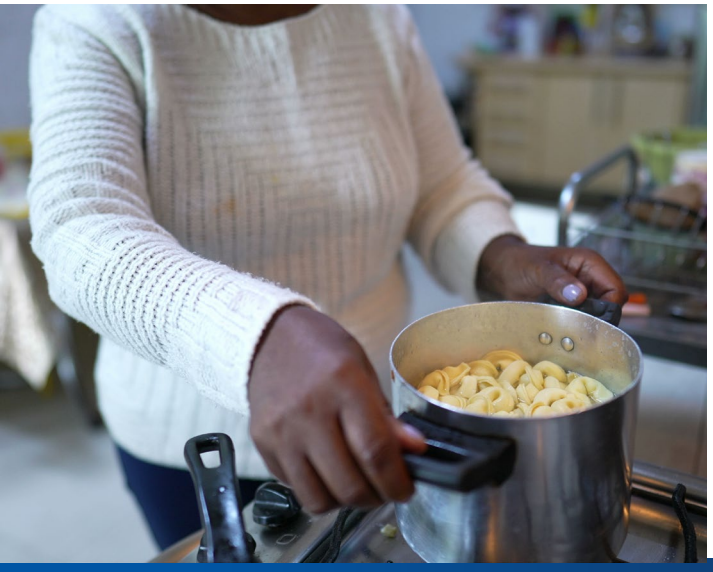
Eating enough can be difficult when appetite is low, food costs are rising or you are unsure which foods will provide the most nourishment.

The UKMAW Nutrition Support Basket is a practical, affordable guide designed to make shopping and eating well a little easier. It provides a seven-day shopping list and simple meal plan for two adults who may be at risk of malnutrition or need more energy and protein in their diet.



For around **£42 for the week**, the basket includes:

- Three meals and three snacks each day
- Everyday foods available from major supermarkets
- High-energy, high-protein meals and nourishing drinks
- Simple recipes using basic kitchen equipment
- Options that can be prepared quickly or taken to work
- Practical ways to make everyday foods more nourishing



The plan provides approximately **2,227 – 2,450 kcal and 83 – 96g of protein per person each day,** alongside at least five portions of fruit and vegetables.

The complete shop costs £40.93 at Aldi or £41.65 at Tesco, which works out at under £3 per person per day.

Use the guide in the way that works for you. Follow the full seven-day plan, try a few of the recipes, or use the shopping list for ideas when choosing affordable, nourishing foods.

Important: The basket is general guidance. It may need to be adapted for people with disease, health conditions diabetes, food allergies, swallowing difficulties or who have been advised to follow a special diet. Anyone unsure whether it is suitable should speak to a healthcare professional.

YOUR WEEK AT A GLANCE

Each line is one person's portion; cook or serve double for the couple. This plan includes **three** small meals and **three** snacks each day, with drinks included.

Day	Breakfast	Lunch	Dinner	Snacks
Monday	Creamy porridge made with whole and evaporated milk, topped with tinned fruit and peanut butter or a tsp of sugar Tea or coffee with milk	Ready meal: cheese and tomato pasta, topped with grated cheese Microwave: only if there is a freezer at work, as it is a frozen meal Tea or coffee with milk	Bean chilli with vegetables and rice, topped with grated cheese (uses half a tin of baked beans; keep the rest covered in the fridge for Tuesday lunch Water	*Mid-morning:* Greek yoghurt with tinned fruit · Water *Afternoon:* 2 chocolate digestives with a milky coffee made with all milk · Drink included *Evening:* Hot chocolate made with whole milk and evaporated milk · Drink included
Tuesday	Cheesy scrambled eggs on buttered toast (1½ slices) Tea or coffee with milk	Cheese and onion toastie with baked beans (uses the rest of Monday's baked beans) Cold or microwave: have it as a cold cheese and onion sandwich, and heat the beans in a microwaveable pot Tea or coffee with milk	Red lentil and vegetable dal with rice and a spoon of Greek yoghurt (make a double batch, cool quickly and refrigerate for Wednesday lunch) Water	*Mid-morning:* A bag of crisps (25g) · Water *Afternoon:* Banana and peanut butter milkshake · Drink included *Evening:* Hot chocolate made with whole milk and evaporated milk · Drink included
Wednesday	Creamy porridge made with whole and evaporated milk, with a spoon of sugar (no peanut butter) Tea or coffee with milk	Leftover lentil dal with rice and a spoon of yoghurt (batch-cooked Tuesday) Microwave: pack the yoghurt separately Tea or coffee with milk	Jacket potato with spread, cheesy beans and vegetables Water	*Mid-morning:* 4 squares of milk chocolate (25g) with a milky coffee made with all milk · Drink included *Afternoon:* Tinned fruit with evaporated milk · Water *Evening:* Hot chocolate made with whole milk and evaporated milk · Drink included
Thursday	Greek yoghurt with oats, tinned fruit and peanut butter Tea or coffee with milk	Tinned lentil and vegetable soup (half a tin), with frozen veg and grated cheese stirred in, and buttered bread, with a bag of crisps Microwave: take the soup in a microwaveable pot, or hot in a flask Tea or coffee with milk	Ready meal: spaghetti bolognese topped with grated cheese, with vegetables and buttered bread Water	*Mid-morning:* Greek yoghurt with tinned fruit · Water *Afternoon:* Cheese on toast (1 slice) · Water *Evening:* Hot chocolate made with whole milk and evaporated milk · Drink included
Friday	Creamy porridge made with whole and evaporated milk, topped with tinned fruit and peanut butter Tea or coffee with milk	Sausage and fried onion sandwich with a bag of crisps (sausages from the freezer, defrosted overnight) Cold: cook the sausages the night before and chill them before making the sandwich Tea or coffee with milk	Jollof-style tomato rice with vegetables, carrots and a boiled egg Water	*Mid-morning:* Peanut butter on buttered toast (1 slice) · Water *Afternoon:* 2 chocolate digestives with a milky coffee made with all milk · Drink included *Evening*: Warm rice pudding or custard (a third of a tin) with a portion of tinned fruit (keep the rest of the tin covered in the fridge for Saturday) · Water
Saturday	Peanut butter and banana on buttered toast (1½ slices, half a banana each or cheese on buttered toast (1.5 slices) Tea or coffee with milk	Sardines in tomato sauce on buttered toast (1½ slices), followed by rice pudding or custard with a portion of tinned fruit (finish Friday's opened tin first) Tea or coffee with milk	Ready meal: chicken curry with rice, with buttered vegetables and carrots and a spoon of yoghurt Water	*Mid-morning:* Banana and peanut butter milkshake · Drink included *Afternoon:* Tinned fruit with evaporated milk · Water *Evening:* Hot chocolate made with whole milk and evaporated milk · Drink included
Sunday	Creamy porridge made with whole and evaporated milk, topped with tinned fruit and a tsp of sugar Tea or coffee with milk	Cheesy beans on buttered toast (1½ slices) Tea or coffee with milk	Sausages with cheesy mash, onion gravy and carrots Water	*Mid-morning:* 4 squares of milk chocolate (25g) with a milky coffee made with all milk · Drink included *Afternoon:* Greek yoghurt with tinned fruit · Water *Evening:* Warm rice pudding or custard (a third of a tin) with a portion of tinned fruit (finishes the second tin opened on Saturday) · Water

Suitable for taking to work

Check the notes for whether to pack cold or reheat.

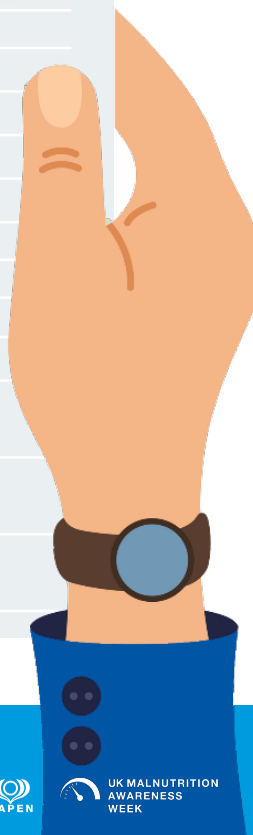
"Microwave" means reheat until piping hot all the way through; "cold" means pack in a lunch box with an ice pack and keep chilled until eaten. Leftovers should always eaten within 24 hours of cooking, and opened tins should be finished within 2 days.

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Shopping list

One shop for two people for seven days.
Quantities shown are the whole packs you'll need to buy.

Supermarket section	Item	Quantity to buy
Milk, dairy and eggs	Whole milk, 4 pints (2.27 litres)	3 ☐
	Evaporated milk, 410g tin	3 ☐
	Mature cheddar, 400g block	1 ☐
	Greek-style natural yoghurt (full fat), 1kg (Aldi: 2 × 500g pots)	1 ☐
	Buttery spread (full fat), 500g tub	1 ☐
	Eggs, 6 pack (mixed weight)	1 ☐
Meat	Pork sausages, 8 pack (454g) *Freeze the sausages as soon as you get home*	1 ☐
Bread and breakfast	Wholemeal or high-fibre sliced bread, 800g loaf *Freeze the second loaf as soon as you get home*	2 ☐
	Porridge oats, 1kg	1 ☐
	Peanut butter, 340g jar	1 ☐
Fruit and vegetables	Bananas, 5 pack	1 ☐
	Carrots, 1kg bag	1 ☐
	Onions, 1kg bag	1 ☐
	White potatoes, 2kg bag	1 ☐
Tins and dried food	Lentil and vegetable soup, 400g tin	1 ☐
	Red lentils, 500g	1 ☐
	Long grain rice, 1kg	1 ☐
	Red kidney beans in water, 400g tin	1 ☐
	Chopped tomatoes, 400g tin	2 ☐
	Baked beans, 400g tin	4 ☐
	Sardines in tomato sauce, 120g tin	2 ☐
	Creamed rice pudding or custard, 400g tin	2 ☐
	Fruit cocktail or peach slices in juice, 410g tin	5 ☐
Snacks and drinks	Milk chocolate digestive biscuits, 300g pack	1 ☐
	Milk chocolate bar, 100g	1 ☐
	Crisps, 6 × 25g multipack	1 ☐
	Drinking chocolate powder, 250g	1 ☐
Frozen	Frozen mixed vegetables, 1kg bag	1 ☐
	Frozen ready meal for one: chicken curry with rice, 400g	2 ☐
	Frozen ready meal for one: spaghetti bolognese, 400g	2 ☐
	Frozen ready meal for one: cheese and tomato pasta, 400g	2 ☐





Store-cupboard basics (not costed)

These store-cupboard basics aren't included in the £42 shop:

Vegetable or rapeseed oil · sugar · salt · black pepper · vegetable stock cubes · gravy granules · mild curry powder · paprika · mild chilli powder · ground cumin (optional) · garlic granules · dried mixed herbs · tea bags · instant coffee

What you'll have left for next week

Around £4 of food carries over into the following week, including cupboard staples and items that can be frozen. This helps keep waste to a minimum.

Porridge oats · bread · chocolate digestives · rice · red lentils · potatoes · onions · buttery spread · peanut butter · frozen mixed vegetables · evaporated milk · tinned fruit · drinking chocolate · baked beans · egg

Cost

The full week's shop costs £40.93 at Aldi and £41.65 at Tesco, both within the £42 budget. This works out at under £3 per person per day.

Prices are standard shelf prices for each store's own-brand or value line, excluding loyalty-card and multibuy offers. All other prices were checked in October 2026 on the store's website or a price-comparison listing.

ALDI

TESCO

Produced by BAPEN for UK Malnutrition Awareness Week 2026. BAPEN is a Charitable Incorporated Organisation working to ensure every individual receives safe, timely and appropriate nutritional care in every care setting, every day. Listen, Lead, Share, Support. https://www.bapen.org.uk

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Recipe cards

Nine simple recipe cards provide step-by-step instructions for the home-cooked meals and snacks featured in the Nutrition Support Basket. Each recipe serves two people and includes nutritional information per person. Recipe cards can be downloaded from the website.

Food safety for storing & reheating food: The FSA and FFS suggests to cool leftovers within 1 hour, refrigerate and eat within 24 hours. Reheat only once, until steaming hot all the way through.

Dinner 1



Bean chilli with vegetables and rice, topped with cheese

- Monday dinner
- 30 min
- Saucepan, hob
- 687 kcal, 25g protein
- Store-cupboard beans; using up half a tin of baked beans; cheese as a fortifier

Dinner 2



Red lentil and vegetable dal with rice and yoghurt

- Tuesday dinner, leftovers Wednesday lunch
- 30 min
- Saucepan, hob
- 675 kcal, 25g protein
- Batch cooking for 4 portions; safe cooling and reheating of rice

Dinner 3



Jacket potato with cheesy beans and vegetables

- Wednesday dinner
- 10 min (microwave) / 60–75 min (oven)
- Microwave or oven
- 578 kcal, 24g protein
- Lowest-effort hot meal; buttery spread and cheese as fortifiers

Dinner 4



Jollof-style tomato rice with vegetables and a boiled egg

- Friday dinner
- 35 min
- Saucepan, hob
- 524 kcal, 16g protein
- One-pot meal; adding eggs for protein

Dinner 5



Sausages with cheesy mash, onion gravy and carrots

- Sunday dinner
- 30 min
- Oven or grill, saucepan
- 756 kcal, 26g protein
- Fortified mash with milk, spread and cheese; cooking sausages from frozen-and-defrosted

Lunch 1



Fortified tin of soup with cheese, vegetables and buttered bread

- Thursday lunch
- 10 min
- Microwave or saucepan
- 462 kcal, 19g protein (594 kcal with crisps)
- How to fortify a ready-made soup without evaporated milk; packing it for work

Lunch 2



Sardines on toast, with rice pudding or custard and fruit

- Saturday lunch
- 10 min
- Toaster or grill
- 529 kcal, 31g protein
- Oily fish once a week; a no-cook pudding with a portion of fruit

Snack 1



Banana and peanut butter milkshake

- Tuesday and Saturday
- 5 min
- Jug and fork / whisk (blender optional)
- 393 kcal, 16g protein
- Nourishing drinks for days when eating is hard

Snack 2



Fortified hot chocolate

- 5 evenings a week
- 5 min
- Saucepan or microwave
- 221 kcal, 9g protein
- Fortifying everyday milky drinks with evaporated milk