

# "How to Eat Healthier on a Budget"



A free resource to support your healthy eating journey

By

**VEG-OUT  
Lincoln**

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# Hello



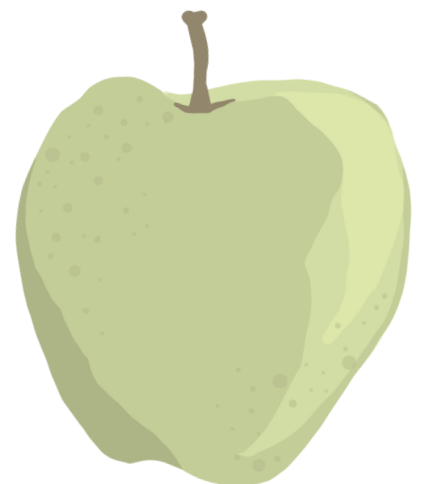
I'm Gemma, the 'creative brain' behind VEG OUT Lincoln. We are a small family food business based in Lincoln UK. I'm a former teacher with a passion for good nutrition, developing healthy budget friendly meal plans and sharing recipes with others - Afterall, what's the point of gathering knowledge and experience and then keeping it to yourself!?

Education is at the heart of everything that we do.. If you can understand a little more about positive food choices with the support of yummy easy to follow recipes then you will be more likely to feel more confident in your own kitchen and make healthier options a main feature of your everyday eating. It's that simple.

In this little FREE download we have included some of our favourite budget friendly recipes based on the things that we enjoy as a family everyday. The other tips and information included will hopefully help to kick start your healthy eating journey and help you to feel better without blowing the budget!

# Contents

Eating Better Isn't Hard	Page 4
A Few Simple Swaps	Page 5
Food For Thought	Page 6
Inject a Little Plant Power	Page 10
The 'Vegan Club Secrets'	Page 11
Become a Savvy Shopper	Page 13
Love Your Freezer	Page 14
Recipes Section	Pages 15-30
Shopping List Essentials	Page 31
Meal Planner	Page 32
Meal Planner Template	Page 33
My Shopping List Template	Page 34



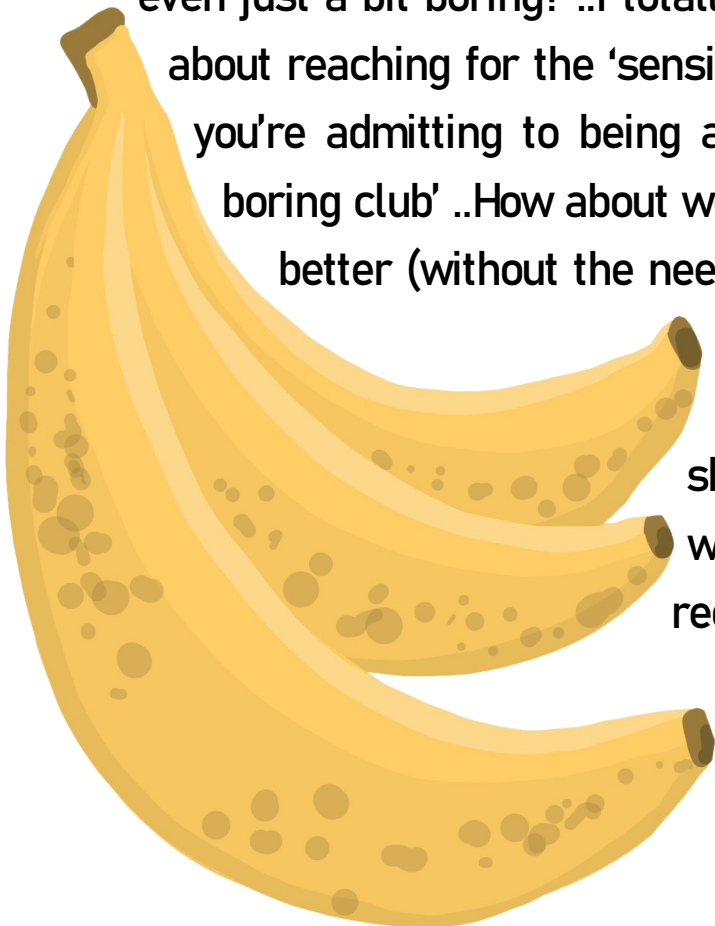
# Eating Better Isn't Hard

It's no great secret that a lot of us struggle to eat well. The constant temptation at the supermarket with special offers on junk food, adverts on TV making you crave ice cream or takeaway at the click of a button.. or maybe even the swipe of an app as it has become nowadays. Food is everywhere and easier to access more than ever before, especially the stuff that isn't particularly good for us.

As a working mum I know only too well how easy it is to 'get busy' and then survive on toasted products and coffee.. Before you know it you feel tired (even more than you did before) and pretty rubbish too. If you are one of those lucky people on the right side of 30 then you might be able to shake it off and feel 'OK' on a caffeine and carbs diet.. I promise you that it doesn't last forever.. Speaking from experience here!

Eating well might feel a little overwhelming and confusing, too expensive or even just a bit boring? ..I totally get that. There is definitely something about reaching for the 'sensible' food option that somehow feels like you're admitting to being a fully paid up member of the 'old and boring club' ..How about we switch that thought process? If you eat better (without the need to spend a fortune or give up on tasty

comfort food) then you will actually feel better, healthier & more energised ..I'll share our top tips for healthy eating along with some of our favourite budget friendly recipes that even a kitchen novice can master. The only real question is: *Are you up for the challenge?*



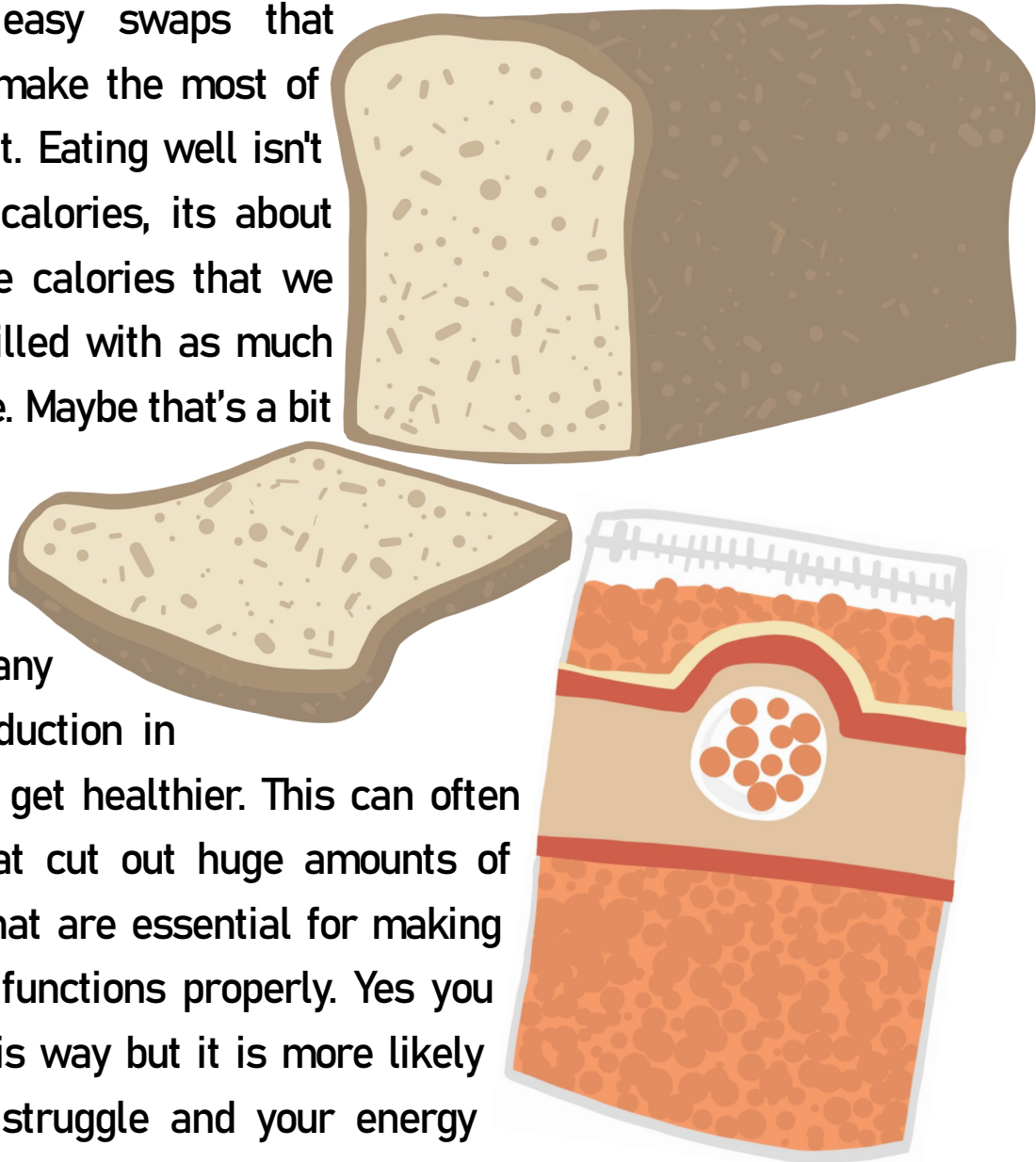
# A Few Simple Swaps

There are a few easy swaps that everyone can do to make the most of the food that they eat. Eating well isn't just about reducing calories, its about making sure that the calories that we are consuming are filled with as much good stuff as possible. Maybe that's a bit obvious?

..But then again, maybe it isn't? Too many people focus on reduction in food when trying to get healthier. This can often lead to fad diets that cut out huge amounts of nutrient rich foods that are essential for making sure that your body functions properly. Yes you might lose weight this way but it is more likely that your body will struggle and your energy levels will dip making you grumpy, tired and craving all of

the wrong foods again. To make this work you have to focus on the reasons that we eat food in the first place. It is fuel for the body. The contents of what we eat help to build stronger insides and help us to become more able to combat illness and the side effects of getting older.

By making a few easy swaps in what you eat everyday, you are more likely to feel healthier and make the changes a more permanent sustainable thing. It is commonly thought that it takes 21 days to form positive habit.. Why not make the change for 3 weeks and see if you notice the difference?





# Food for Thought

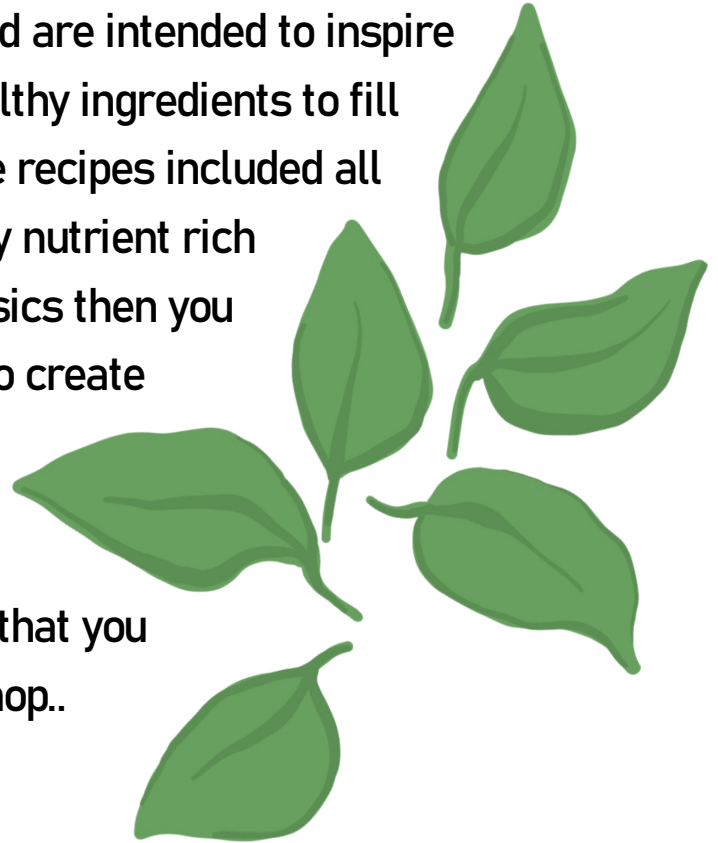
The recipes and tips in this little download are intended to inspire you to start selecting budget friendly healthy ingredients to fill your supermarket trolley each week.. The recipes included all use a balance of good, comforting healthy nutrient rich ingredients. When you get used to the basics then you will gain confidence and feel more able to create your own favourite recipes too.

To make the 'Budget Friendly Healthy Eating' thing stick there are a few things that you need to do when planning your weekly shop..

## Go Wholewheat

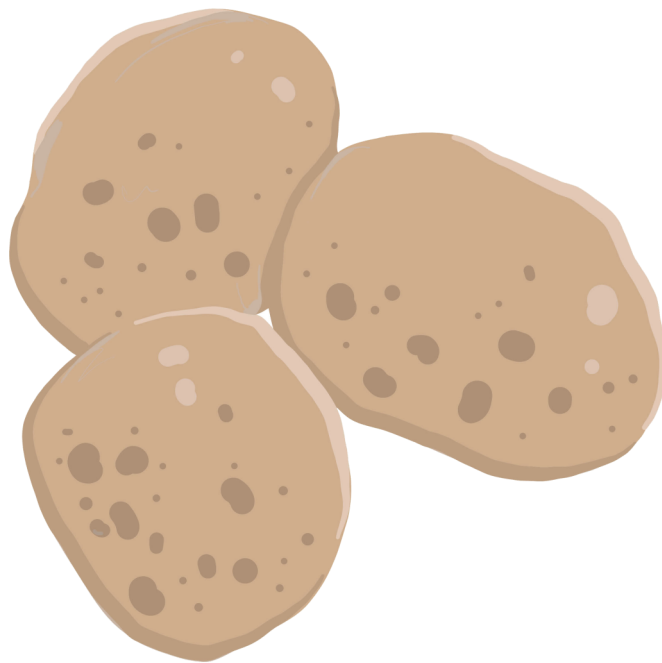
This is such a simple switch to your usual routine.. By swapping things like regular white pasta for the wholewheat version, white rice for brown or by opting for the brown bread rather than a thick sliced white loaf - you are including so much more fibre in what you eat. Whole grains help to keep you fuller for longer too.. So overall a far better option when forming healthier eating habits.

The health benefits of wholegrain products might be an easy one to get on board with, many people just need to form better habits and wean themselves onto the brown bread in particular. Fortunately there are half and half options out there which are a good halfway option if going for a seeded wholemeal loaf is just a step too far straight away! The difference in taste with other wholegrain products is pretty difficult to spot so you can easily get the fussy eaters to get on board with injecting more of the good stuff without them even noticing.



## Consider Your Carbs

Contrary to popular belief, carbs aren't bad for you. It's the way that we cook and process them that makes them fall into the 'naughty' category.. Fried potato chips, flour blended with high fat butter and sugar to make cakes, pastries and biscuits.. I'm guessing that none of this is anything that you didn't know already? Yes, it is the case that lots of those fad diets try to encourage you to eliminate carbohydrates from your diet altogether. Without getting into the science stuff, it just isn't sensible to try to eliminate such an essential food group. Instead we need to try to consider the carbohydrates that we eat. It's a tricky one to master, particularly if you have had a daily '3 biscuits & a brew' habit for a few years or maybe you are the 'chips with everything' type? ..Breaking the routine and habitual eating is often more tricky to unpick - Even if we all know what the sensible option is.



This is where the sensible meal planning and snack prep come in. Make sure that you are including enough healthy foods in your everyday eating as well as carefully considered and portion controlled snacks (suggestions for snacks are on the meal plan at the end of this download.) By including things like jacket potatoes and oats in your main meals you will be less likely to snack on those empty calorie biscuits.

It is also important to consider your cooking methods too. It shouldn't be a great surprise that fried food isn't a brilliant choice.. Go for baked or steamed options for example, without lashings of added fats and oils. If a recipe does call for a little bit of oil, try to go for a spray option to limit the amount used. Just make sure that it is pure oil rather than one of those heavily processed options with extra emulsifiers and other not very nice stuff.

## Rainbow Eating

Everyone knows that eating a wide variety of colourful fruits and vegetables is a key part of a healthy diet. Along with the '5 a day' initiative, this has been something that has been quite widely promoted over recent years.. And for good reason too. Eating a wider range of fruits and veggies helps to provide a rich range of vitamins and minerals needed to keep us healthy.

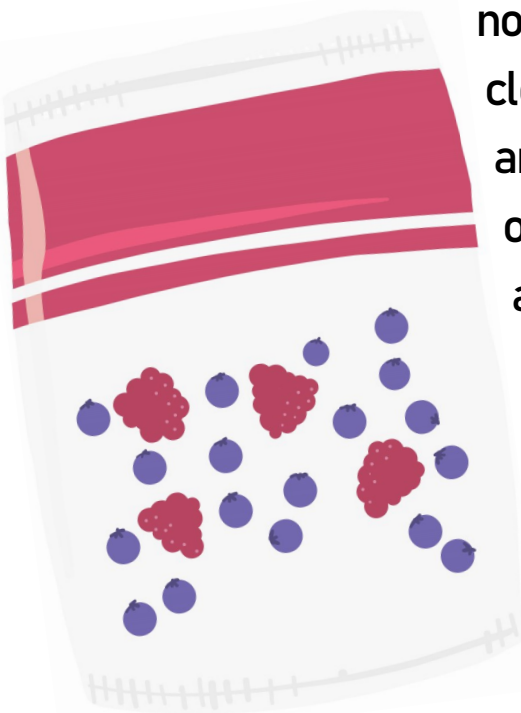
You'd be forgiven for thinking that expanding the range of fruits and veg is the bit that makes this an expensive venture. If you know the tips and tricks below though its really easy and doesn't have to blow the budget.

*Avoid the temptation of prepared fruit & veg*

Rather confusingly, this is both true and false. Fresh prepared fruits and veggies in the chilled section of

the supermarket have a premium mark up on them. They are understandably expensive as you are paying the extra for someone to peel & chop things for you. That bit is probably obvious. Maybe the less obvious fact is that the level of vitamins in those prepped items is also likely to be a lot less than the other

non prepared items available – Have you ever looked closely at the chopped carrot sticks? All dried up and starting to curl a little.. Not the most appetising option! Frozen fruit and veg on the other hand are a fabulous option. Often cheaper than buying the fresh version and they are usually frozen very shortly after being picked which maximises the amount of vitamins. By weight, buying frozen mixed berries for example is far cheaper than buying fresh & they last longer too. Definitely a winning choice.





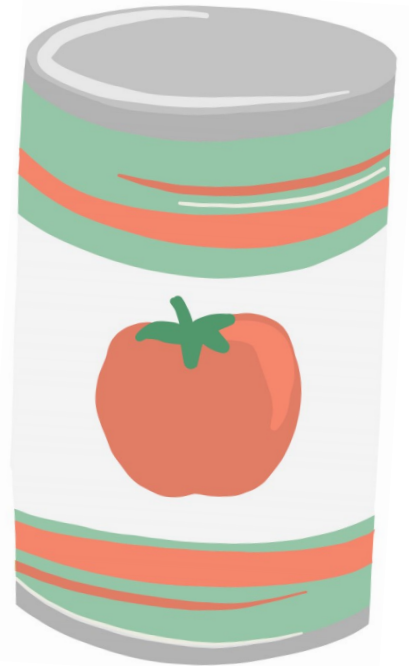
Frozen peas, spinach and even broccoli florets are a good option particularly if you are only cooking for one. Frozen veggies also help to reduce food waste and allow you to use exactly the amount you need in each recipe, making your food shop last longer.

*Top Items to buy from the frozen section:*

- Peas
- Mixed Berries (including raspberries and blueberries)
- Spinach (whole leaf or chopped)

*Canned for Convenience*

Canned fruit and veg are also a good way of getting more good stuff into your diet. The trick is to choose the items carefully. Canned fruit for example often comes in a high sugar syrup, so make sure that you are opting for the 'in juice' variety. Think about what foods you are buying in cans, carrots and potatoes are far better purchased fresh as the canned versions often have lots of added salt and are reminiscent of the soggy school dinner veggies from back in the day.. However, items like tomatoes are often better purchased in canned form, particularly out of season, as a more affordable way of including them in your cooking all year around.



Other canned goods are also a sensible option to help contribute to a healthier way of eating. Items such as beans, lentils and chickpeas are a good source of protein and fibre. It is important to note that even though the bags of dried product may seem more cost effective, If you were to cook them yourself it would involve lots of overnight soaking and then up to an hour of cooking before you can then use them in a recipe. Sometimes convenience does win over budget. Just try to look for the options with no added salt or preservatives if possible. There are lots of cost effective 'savers' options available now that are around 30p each.

# Inject a Little 'Plant Power'

## Plant Based Eating

There are so many positives about eating a more plant based diet, not only to improve your health but also to help keep to a tight budget. Eating better quality, high welfare meat and dairy is an expensive venture. It makes it difficult for families to sustain particularly when the budget is tight. This then results in the increase of processed meat products and 'beige' oven food meals.

A particularly difficult habit to break if you have small children ..not impossible though!



A lot of people have recently made the shift to a more plant based or 'Vegan' way of eating. The natural way of the commercial world then followed with the birth of vegan sausage rolls and other plant based convenience offerings popping up all over the place. The amount of processed plant based options available is huge now. Yes, a

lot are probably healthier when compared to a processed meat alternative although they are still often quite high in salt, added sugars and oils.. Not to mention the rather hefty price tag that comes with an 'in demand' product. For this reason, following a more 'Wholefood Plant Based' diet is a far healthier and more affordable option.

It is actually very possible to get all of the nutrients that you need without eating meat, eggs or dairy. Regardless of whether you choose to eliminate animal products from your eating altogether, there are a few 'Vegan Club Secrets' that we think are worth sharing that are adopted by those following a plant based diet to maximise the nutritional content of their food.

# The 'Vegan Club Secrets'



## Use a mixture of seeds to add vitamins and minerals to your food

These are the 'Omega 3 seed mixes' available in the breakfast cereal aisles. Look for options with sesame, flax, linseeds, hemp, chia, pumpkin and sunflower.. If you don't like the texture of whole seeds, no problem. There are plenty of 'milled seed' versions of the same mixes available too. These are brilliant to stir into soups, sauces and porridge and actually absorb quicker than the whole seed versions.. This makes them particularly good

for kids (or really fussy adults) as the milled seeds don't really alter the flavour of your recipe but add so much extra good stuff.

## Hide the Good Stuff

This secret is really one of those things that parents of toddlers will already have down to a fine art.. Most vegans own a fancy blender of some description. It's almost like an unofficial right of passage when you have joined the club. Having had so much bad luck with expensive blenders myself in the past I can now confirm that you actually don't need one.. A good old hand blender (about £6 in most supermarkets) is perfect though. It really isn't necessary to spend upwards of £100 on a gadget. Obviously if you are lucky enough to have one already that you haven't broken then that is fine and I am not at all jealous. Honest.

A blender is brilliant for hiding more veg into homemade sauce, making soup 'without bits in' for the fussy eaters and also for magically turning veggies and canned pulses into yummy houmous. By creating a smoother texture to your food and hiding the skins and 'bits', you are more likely to eat more of the good stuff without feeling like you are missing on comfort food.

## Supplement through your food

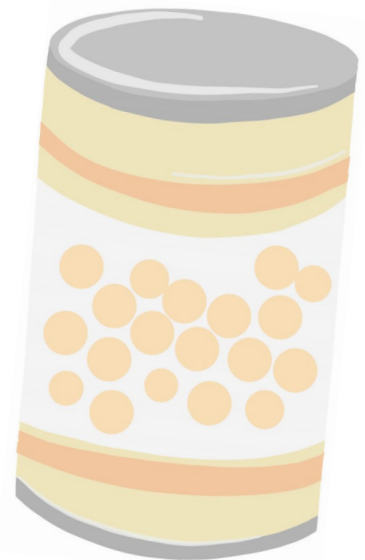
Quite a few vegans do opt for a supplement in addition to their everyday eating to ensure that they are getting enough vitamins and minerals. As a family we far prefer to use food based supplements to boost the vitamin content, particularly through the use of something called 'nutritional yeast' or 'nooch' to those of you who are up to date with your vegan vocab. Nooch is an inactive yeast product that does kind of look like fish food flakes.. Sounds weird, bear with me though! It is enriched with lots of essential vitamins and minerals but most importantly it is a fabulous source of B12 (often considered to be impossible to obtain if not eating animal produce.) The yeast flakes have a very savoury, cheese like flavour which makes them perfect for adding into mashed potatoes, beans and other sauces.

## Protein Maths

Plant based protein is often a hot topic for discussion. Maybe the most obvious form of plant based protein out there is soya. It is probably the most frequently used 'meat alternative' out there. There are however lots of other ways to ensure that you get enough protein when following a more plant based diet Things like quinoa



are good natural sources of protein as well as peas and beans. The conversation often heats up when getting into the nuts and bolts of comparing plant based proteins and animal based proteins. It is true that lots of plant based proteins lack the full set of amino acids to form what we call a 'complete protein' However.. the story isn't over there. If you combine a plant based protein source such as chickpeas, peanut butter, beans or peas with a wholewheat ingredient such as brown rice, wholemeal



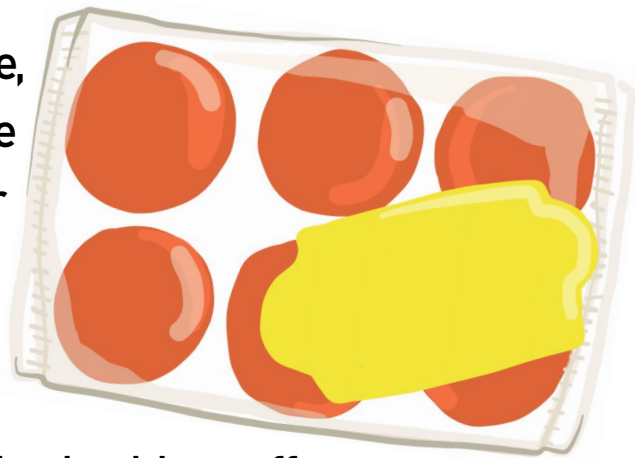
pitta breads or wholewheat pasta you can create a 'complete protein.' Its just a case of ingredient maths - plan your wholewheat ingredient and then work out what your protein source will be.

# Become a Savvy Shopper

## Look for the bargains

There are lots of value products available now that are equally as nutritious as their high end cousins. I am a massive advocate of the bargain stores.. I regularly share my bargain finds when running workshops or on our social channels too. If money is tight there is no time to be a brand snob! The quality of the supermarket value ranges and the options available at the discount stores has hugely improved since the days of the Kwik Save 'no frills' range... The packaging has even got better too.

With government legislation in place, companies need to be very mindful of the added salt and sugar content of their products, this has resulted in an ingredients overhaul over the last couple of years (even at the lower end of the price range) where products had previously been filled with 'extra' unhealthy stuff to hide the lack of flavour or taste from natural sources.



Things to remember when budget shopping:

- Stick to your list - If you know you are likely to be tempted by naughty food or get lured in by the BOGOF offers on things you don't need, try an online delivery or a click and collect slot (Whoops! Offers are allowed within reason—as long as you can justify the need and it isn't something mega unhealthy!)
- Check the dates on your fresh stuff. You don't want to buy something that has a best before date in 24 hours! Have a good rummage to the back of the shelf for the longer dates.
- Check the ingredients on canned products. Try to go for things that are preservative free and with no added salt or sugar where possible.
- Look in the 'world foods' aisle for cheaper spices, herbs, beans and chickpeas. You will often find products a lot cheaper just because they aren't brands that we recognise.



# Love your Freezer

You'd be forgiven for thinking that I was actually doing a spot of subliminal promotion on behalf of a freezer company.. Honestly, I'm not. However, I do feel the need to champion the use of the freezer again as a tool to support a healthier and budget friendly way of eating.



Not only is it often a better option to purchase frozen fruits and vegetables for freshness and waste reduction, it is also a really good idea to use the freezer to preserve your own creations too. Now, this is something that you need to proceed onto with caution. Lots of people chuck stuff into the freezer and it soon becomes a tomb of dinners forgotten.. Never to be seen again until the unidentifiable frost bitten parcel is binned a year later. It is possible to do it well though without much stress.

## Tips for Freezer Success:

- Make a list! Sounds so simple but it works. We have a little magnetic whiteboard on the freezer and it lists the contents - Easy to use as a reference when planning meals and using stuff up.
- Batch prep your favourites for busy nights - This might sound obvious but if you are juggling shift work or maybe you have a busy night on parental taxi duties.. These are the times when the temptation to grab unhealthy/expensive takeaways and convenience products creeps in. Make sure that you have individual portions of meals in the freezer as an easy 'go to' when you need them. Make sure that they are clearly labelled and in microwaveable containers for convenience. Most individual portions of food will be ready within 6-8 minutes from frozen. Make sure that food is stirred well and is piping hot before serving.
- Freeze for speedy meal prep - We often batch prep brown rice for example and freeze in portions. Then just microwave from frozen for 4 minutes to save time (and washing up!) Other freezer tips are added throughout the recipe section to help you to save time.

# Super Simple Soaked Oats

## To make 1 portion of soaked oats

Cost per portion: 30p

## Ingredients

1/2 Cup of Rolled Oats

1 Cup of Soya Milk

1 Tablespoon of Milled Seeds

## How to do it

1. Pop your Oats, Milk and seeds into a Tupperware tub and mix well.
2. Place the lid on and allow to soak over night in the fridge.
3. In the morning your oats will have soaked up all of the liquid from the milk. Mix well and serve with the topping of your choice. Note: The milk will have created a natural sweetness so try not to be tempted to chuck loads of sugar in there!



*These oats are yummy chilled or can be warmed in the microwave for about 60 seconds to make a super quick porridge.*

## Top Tips

Try making a bigger batch of the simple soaked oats mix and leave in the fridge for up to 3 days. Just multiply the recipe as needed.. this method is particularly good on busy mornings!

Experiment with your toppings to keep things interesting. Top your oats with a couple of tablespoons of frozen berries, banana, peanut butter or try a tablespoon of cocoa powder mixed in to the basic oat mix before topping with berries to create a 'black forest' flavour ..it's like having pudding for breakfast!

# Banana & Nut Butter Smoothie

## To make 1 portion of smoothie

Cost per portion: 30p

## Ingredients

1 Peeled Banana

200mls of Soya Milk

1 Tablespoon of Milled Seeds

1 Heaped Tablespoon of Oats

1 Heaped Tablespoon of Peanut Butter

A Splash of Vanilla Essence

## How to do it

1. Pop all of your ingredients into a large jug or bowl and stir well.
2. Use a stick blender to blitz the mix and create a thick smoothie texture. At this stage you will need to add a little water to loosen the mixture up and make it 'drinkable'. Just add gradually and blitz a little more to create your smoothie.



## Top Tips

Try making a bigger batch of this smoothie and pop into individual bottles - It will keep in the fridge for 3 days ready for busy mornings when you don't have time to faff about in the kitchen (just shake well before drinking.)

Want something a little different? Try popping a bit of cocoa or instant coffee in the mix to vary the flavour.

PS: This smoothie also make fab lollies—Just don't add the extra water to loosen the mixture at the end.

# Perfect Pancakes

## To make 8 pancakes

Cost per portion: 15p

## Ingredients

1 Cup of Wholemeal Flour

300mls of Soya Milk

1 Tablespoon of Milled Seeds

A Splash of Vanilla Essence

## How to do it

1. Sieve your flour into a large bowl and then add your milled seeds, mix well to combine your dry ingredients.
2. Make a well in the centre of your flour and gradually add the soya milk and vanilla whisking well to create a smooth batter without lumps
3. Next, pop a non stick pan on a medium to high heat. You may need a light spray of oil if your pan isn't totally non stick. Make each pancake with a quarter of a cup of batter, allow to cook for a few minutes to allow the self raising flour to work it's magic before flipping over. Cook on the other side for a further couple of minutes until golden. Repeat the process until all of the batter is used.

## Top Tips

Experiment with toppings and flavours - Try switching the vanilla for a little almond essence or add a little cocoa powder into the batter to make fab chocolate pancakes!

PS: These pancakes freeze well too.. Perfect for REALLY lazy weekend mornings!



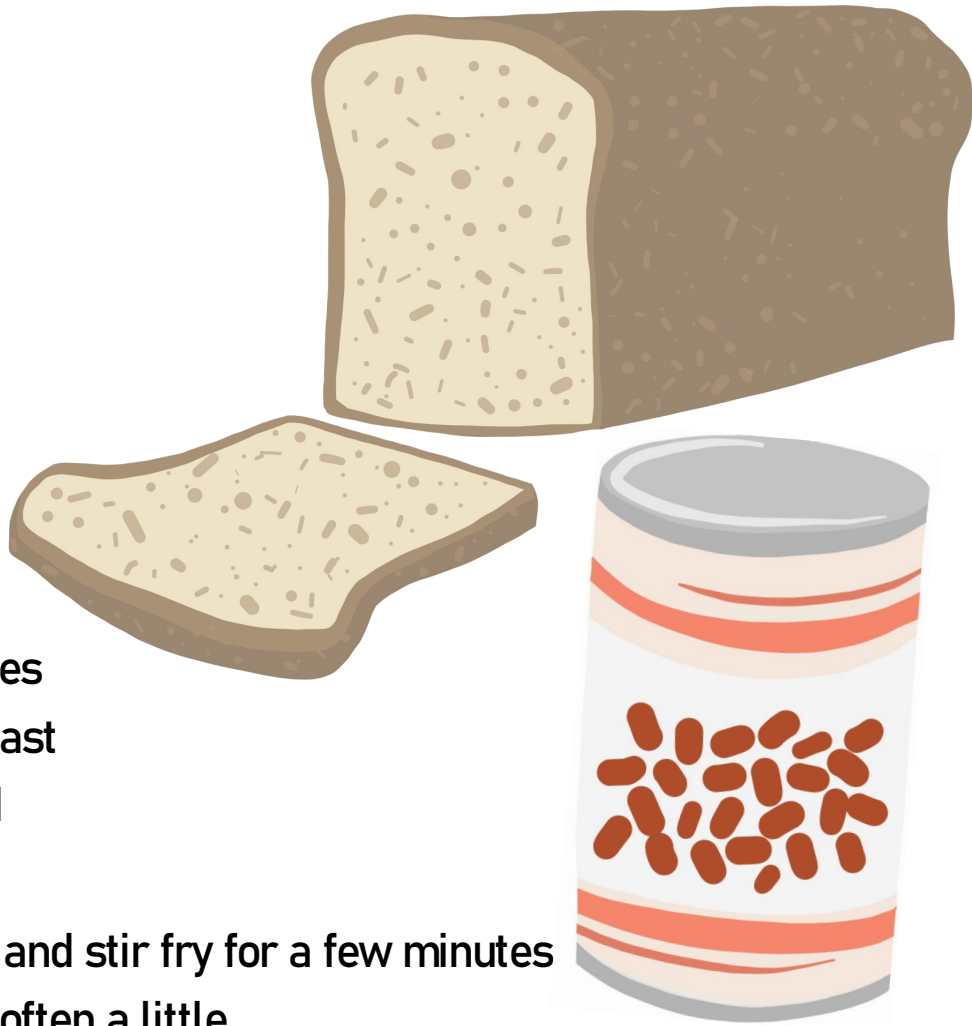
# Plant Powered Beans on Toast

## To make 4 portions

Cost per portion: 28p

## Ingredients

- 1 Can of Baked Beans
- 1 Can of Kidney Beans
- 1 Small Red Onion
- 1 Teaspoon of Tomato Puree
- 1/2 Teaspoon of Black Pepper
- A Pinch of Chilli Powder
- 1/2 Teaspoon of Garlic Granules
- 1 Tablespoon of Nutritional Yeast
- 4 Slices of Wholemeal Bread



## How to do it

1. Finely dice the red onion and stir fry for a few minutes until the pieces start to soften a little.
2. Next add the drained kidney beans into the pan along with the garlic, pepper and chilli. Stir well to coat the beans in the flavours and continue to cook for about 5 minutes until the beans soften.
3. Add then baked beans and tomato puree into the mix, stir well and gently cook until the sauce starts to bubble. Then remove from the heat and stir your nutritional yeast through the sauce.
4. Serve on slices of unbuttered toasted wholemeal bread.

## Top Tips

This recipe can easily be adapted to be more suitable for children by just altering the level of chilli.

PS: These beans make a fab jacket potato topper too!



# Spicy Tomato & Bean Soup

**To make 4 generous portions of soup**

Cost per portion: 42p

## Ingredients

2 Cans of Kidney Beans

2 Cans of Chopped or Plum Tomatoes

1 Tablespoon of Tomato Puree

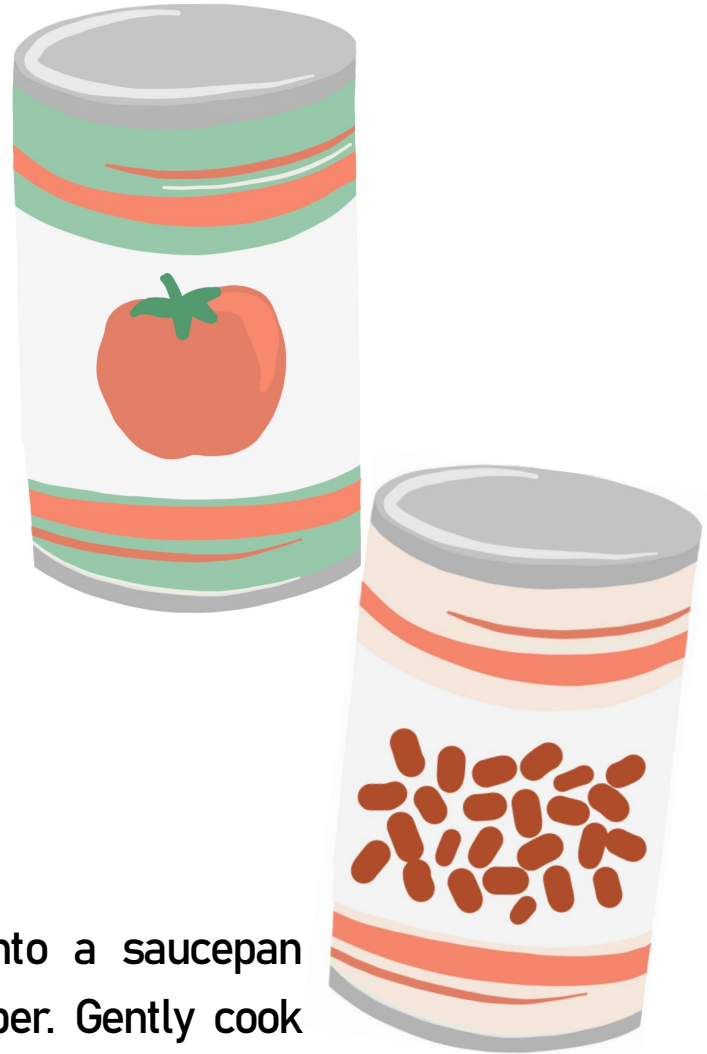
1/2 Teaspoon of Black Pepper

1/2 Teaspoon of Chilli Powder

1/2 Teaspoon of Garlic Granules

A Tablespoon of Milled Seeds

A Large Grated Apple (or 2 smaller ones)



## How to do it

1. Place your drained kidney beans into a saucepan along with the garlic, chilli and pepper. Gently cook for a few minutes until the beans start to soften.
2. Next add your tomatoes, tomato puree, milled seeds and grated apple into the pan. Mix well and simmer for about 10 minutes to allow the flavours to develop. Stir in about 200ml of water before removing from the heat.
3. Use a stick blender to blitz the mix and create a thick spicy soup. At this stage you may want to add a little more water to create the consistency that you prefer.

## Top Tips

This soup will keep in the fridge for up to 3 days, alternatively it also freezes really well too - perfect for batch prepping individual portions for healthy lunches.

PS: This Soup is fab with a warm wholemeal pitta to dunk in!

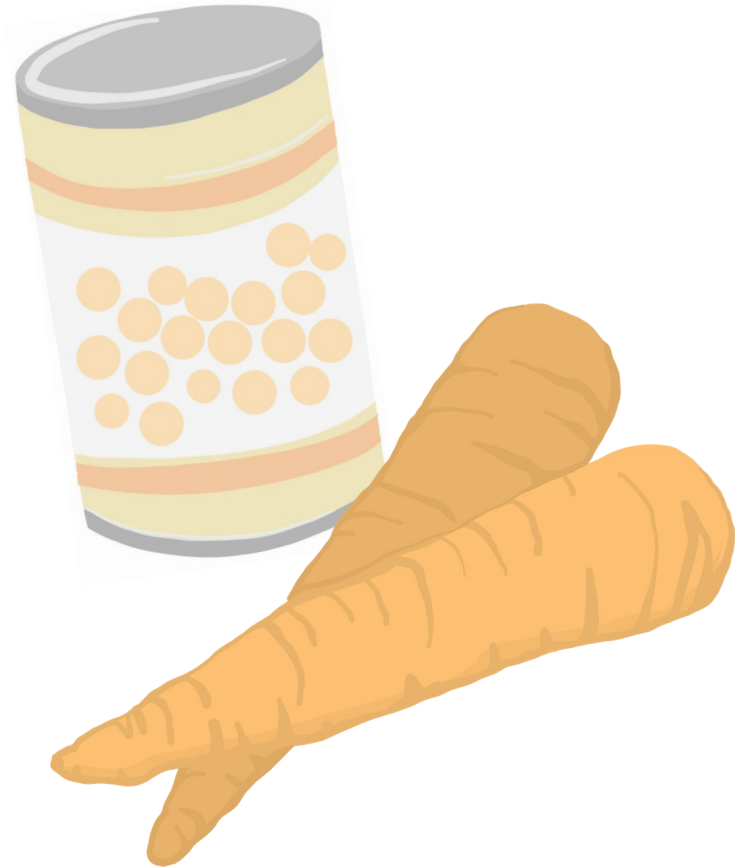
# Veggie Houmous

**To make 8 portions of Houmous**

Cost per portion: 10p

## Ingredients

- 1 Can of Chickpeas or Butter Beans
- 1 Cup of Cooked Carrots
- 1 Teaspoon of smooth Peanut Butter
- 1/2 Teaspoon of Black Pepper
- A Pinch of Chilli Powder
- 1 Teaspoon of Garlic Granules
- 1 Tablespoon of Nutritional Yeast



## How to do it

1. Place your drained chickpeas or butterbeans into a saucepan along with the garlic, chilli and pepper. Stir well and gently cook for a few minutes to allow them to take on the flavours.
2. Remove from the heat before then adding in your carrots, peanut butter, and nutritional yeast. Use a stick blender to create a thick pale orange paste.

## Top Tips

This houmous is really easy to customise.. Simply use whatever left over cooked veggies that you have around. Roasted sweet potatoes, defrosted peas or a combination of roasted red pepper & red onion also work well. When made it will keep in the fridge for up to 3 days.

PS: This Houmous is fab dolloped on the side of a salad bowl or spread into wholemeal bread and topped with roasted peppers for a yummy sandwich.

# Protein Packed Pea Soup

## To make 4-6 portions of soup

Cost per portion: 28p

## Ingredients

- 2 Cups of Frozen Peas
- 1 Large Red Onion (chopped into chunks)
- 1 Cup of Cooked Brown Rice
- 1 Teaspoon of Black Pepper
- 1 Teaspoon of Garlic Granules
- A Tablespoon of Milled Seeds
- 1 Vegetable Stock Cube



## How to do it

1. Place your red onion into a large saucepan with a little spray of oil. Stir fry the onion for about 5 minutes until it starts to soften.
2. Next add your peas, brown rice, garlic, pepper, milled seeds, veg stock cube and about 750mls of water into the pan. Bring to a bubble and then simmer for about 5 minutes.
3. Use a stick blender to blitz the mix and create a smooth soup. At this stage you may want to add a little more water to create a thinner consistency and stretch the soup a little further.

## Top Tips

This soup does have a little kick to it.. If you prefer it a bit milder just halve the amount of black pepper.

# Chickpea Balls

**To make 12 balls (enough for 4 people)**

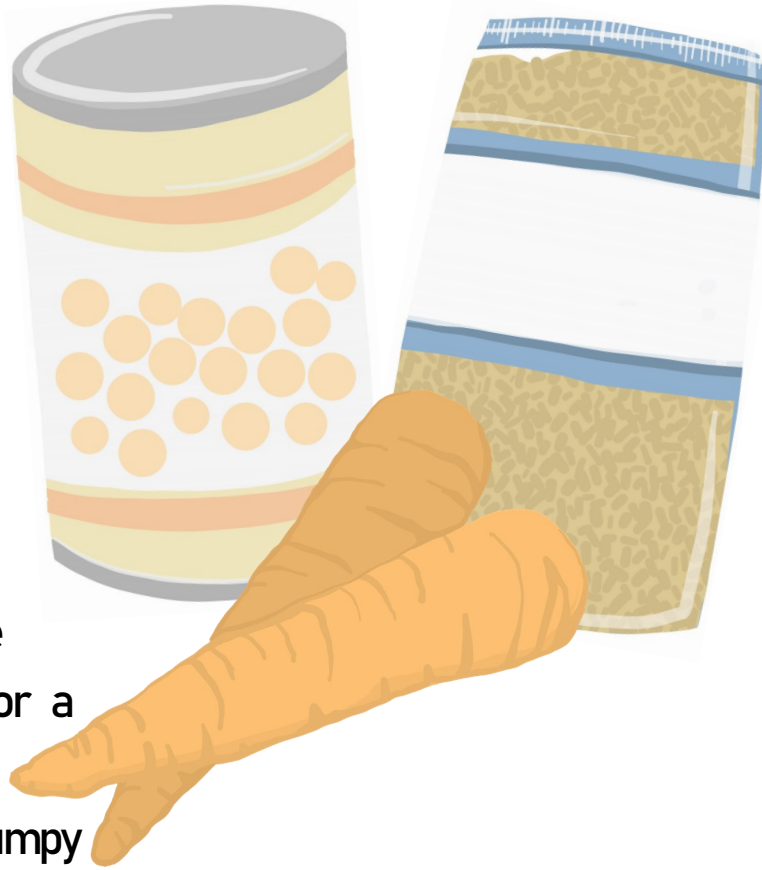
Cost per portion: 25p

## Ingredients

- 1 Can of Chickpeas (drained)
- 250g of cooked brown rice
- 1 Tablespoon of Curry Paste
- A Small Red Onion (finely diced)
- A Grated Carrot

## How to do it

1. Place your ingredients into a large bowl. Then using a stick blender or a regular potato masher, mash the ingredients up to create a thick lumpy texture. If you are using the blender just do a few little pulses.. You don't want to create a puree!
2. Next shape your mix into 12 balls and lay onto a lined baking try. Give your balls a light spray of oil just to encourage them to crisp up in the oven.
3. Bake at 200°C for about 20 minutes or until the balls start to crisp up on the outside.



## Top Tips

These chickpea balls are fab for adding into salad bowls with a dollop of homemade houmous or popping into a pitta bread with spinach leaves & a bit of mango chutney.

PS: This mix is also fab when shaped into burgers too.. Just make 4 equal burger shapes and bake for about 5 minutes longer.

# Yummy Salad Bowls

Having a salad for lunch sometimes feels like a boring and not very appealing option.. It's like the classic 'cliché diet thing' ..A good salad isn't a boring thing.. and it doesn't have any soggy iceberg lettuce anywhere near it! Try the ideas below for a yummy and filling salad..

## Ingredients (to make 1 portion)

1/2 Can of Chickpeas (drained)

A Handful of Baby Spinach

1 Tablespoon of Omega 3 Seeds

Cucumber Chopped into Chunks

A Grated Carrot/Fresh Tomatoes

A Tablespoon of Homemade Houmous

Half a Cup of Cubed Roasted Root Veggies (1cm cubes of root veg or potatoes, oven roasted with a light spray of oil and a pinch of garlic granules, for 20-30 minutes at 200°c)

## How to do it

Assemble your salad items in a bowl (or lunchbox for work) It is usually best to start with the spinach, root veg and chickpeas before then layering up with your cucumber, other fresh items before then topping with a sprinkle of seeds. If preparing in advance, try to keep your houmous separate so it doesn't make your salad go soggy.

## Top Tips

Try prepping your more of your roasted veg in advance as it keeps in a sealed tub in the fridge for up the 3 days.. Experiment with flavour combinations too, just remember to keep a dark leafy base, plant based protein element and a sprinkle of nuts or seeds.





# Perfect Potatoes

How to prep Speedy Jackets

## Ingredients

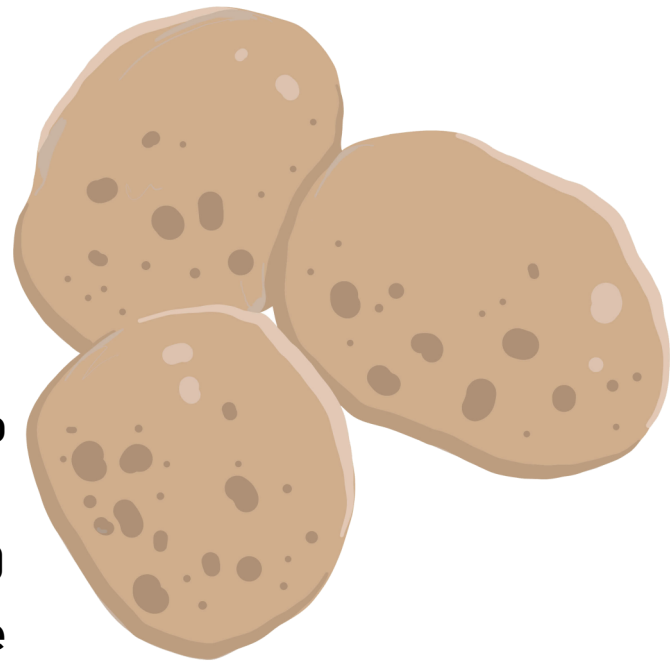
8-10 Baking Potatoes

Tin Foil

An Air Tight Freezer Bag/Container

## How to do it

1. Wash your potatoes and lay out onto 2 baking trays.
2. Pop into a hot 200°C oven for about 50 minutes before then turning the potatoes over, reducing the oven temperature to 160°C and continuing to bake for a further 30 minutes. After the full cooking time, check that you can comfortably pop a knife into the centre and allow your potatoes to sit until fully cooled.
3. When fully cooled, slice your potatoes down the middle and use a fork to fluff up the flesh inside. Close back up and then tightly wrap each potato in tin foil ready for freezing.



Your potatoes will then just take 5-7 minutes to cook from frozen but will be soft and fluffy in the middle. Just take the tin foil off and pop onto a microwave proof plate/bowl before zapping and topping with yummy houmous, beans or maybe even some left over chilli?

## Top Tips

Make sure that you have fully cooled down potatoes before freezing so that you don't end up with ice crystals in the centre.

If you want jacket potato for lunch at work, just pop a potato out of the freezer the night before so that it then only takes 2-3 minutes to heat up.. You don't want to get a bad rep for hogging the microwave just because you're choosing to eat a bit better!

# Whoops! Pasta Sauce

## To make 4 generous portions of sauce

Cost per portion: 35p

### Ingredients

An Onion

About 4-6 Tomatoes

About 2 -3 Cups of Assorted Veg from the reduced aisle or

from the allotment such as: Courgettes, Peppers, or Cauliflower work well (have a play and experiment!)

2 Tablespoons of Tomato Puree

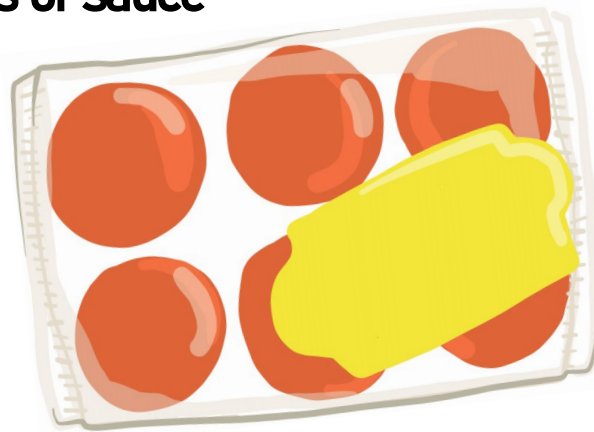
1/2 Teaspoon of Black Pepper

1 Teaspoon of Chilli Powder

1/2 Teaspoon of Garlic Granules

A Tablespoon of Milled Seeds

A Teaspoon of Mixed Herbs



### How to do it

1. Wash and chop your tomatoes, onion and veggies into evenly sized 2-3cm chunks and lay out on a lined baking tray. Lightly spray with oil and sprinkle with the garlic, pepper and chilli powder. Bake in the oven at 200°C for about 20-30 minutes. Try to make sure that your veggies take on a little colour but don't burn them or your sauce will taste bitter!
2. Next pop your cooked veg into a large bowl (with any juices from the oven tray) along with your tomato paste, milled seeds, herbs and about 250-300mls of hot water. Use a stick blender to blitz the mix and create a thick smooth sauce. Season to taste and serve with cooked wholewheat pasta with some fresh baby leaf spinach stirred through.

PS: This sauce is good for freezing - Just pop into portion pots and make sure that you label it up well.

# Green Lentil Cottage Pie

**To make 4 generous portions of cottage pie**

Cost per portion: 68p

## Ingredients

- 4 Large Baking Potatoes
- 1 Can of Green Lentils
- 1 Large Carrot
- 1 Onion
- 1 Stick of Celery
- 6-8 Mushrooms
- A Cup of Frozen Peas
- 1/2 Teaspoon of Mustard
- 2 Tablespoons of Veggie Gravy Granules
- A Tablespoon of Milled Seeds
- 2 Tablespoons of Nutritional Yeast



## How to do it

1. First, Wash and chop your baking potatoes into chunks - keep the skins on for extra fibre. Pop into a large pan of water, bring to the boil and then simmer for about 15-20 minutes until softened. When cooked, drain, mash and stir through the nutritional yeast.
2. While your potatoes are cooking, finely dice your onion, celery, carrot and mushrooms and pop into a deep sided pan with a little spray of oil. Stir fry for about 10 minutes until the mushrooms have started to turn a dark brown.
3. Next add in your green lentils, peas, milled seeds, mustard, gravy granules and about 300mls of hot water. Bring to a gentle bubble, stirring frequently and allow to cook for about 5 minutes. You should now have a thick gravy. You can add more water at this stage if you need to (or add a few more gravy granules if you need to thicken your sauce.)
4. Empty your green lentil mix into a large casserole dish and top with the mashed potatoes. Texture up with a fork before grilling for 5-10 minutes to crisp up the top.

PS: This pie is best served with fresh steamed green cabbage or kale

# Yummy Bean Pie

## To make 4 generous portions

Cost per portion: 60p

## Ingredients

- 1 Can of Mixed Beans (taco beans)
- 1 Can of Baked Beans
- 1 Large Red Onion (finely diced)
- 2 Tablespoons of Tomato Puree
- 1/2 Teaspoon of Black Pepper
- 1 Teaspoon of Chilli Powder
- 1 Teaspoon of Garlic Granules
- A Tablespoon of Milled Seeds
- 1/2 Cup of Red Lentils
- 4 Large Baking Potatoes
- 2 Tablespoons of Nutritional Yeast



## How to do it

1. First, Wash and chop your baking potatoes into chunks - keep the skins on for extra fibre. Pop into a large pan of water, bring to the boil and then simmer for about 15-20 minutes until softened. When cooked, drain, mash and stir through the nutritional yeast.
2. Place your drained taco beans into a saucepan along with the garlic, chilli, pepper and onion. Gently cook for a few minutes until the beans start to soften.
3. Next add your baked beans, tomato puree, milled seeds, red lentils and 650mls of water into the pan. Mix well and simmer for about 20 minutes, stirring occasionally.
4. When cooked, empty your beany mix into a large casserole dish and top with the mashed potatoes. Texture up with a fork before grilling for 5-10 minutes to crisp up the top.

PS: This pie is really yummy just as it is with a squidge of brown sauce or with some stir fried kale on the side for a slightly bigger meal

# Chilli Non-Carne with Brown Rice

## To make 4 generous portions

Cost per portion: 78p

## Ingredients

1 Can of Kidney Beans

1 Cans Green Lentils

1 Can of Chopped Tomatoes

6 Mushrooms (chopped into chunks)

2 Tablespoons of Tomato Puree

1 Large Red Onion (finely sliced)

1 Red Bell Pepper (finely sliced)

1-2 Teaspoons of Chilli Powder (to your own spice tolerance)

1/2 Teaspoon of ground cumin (optional)

1 Teaspoon of Garlic Granules

A Tablespoon of Milled Seeds

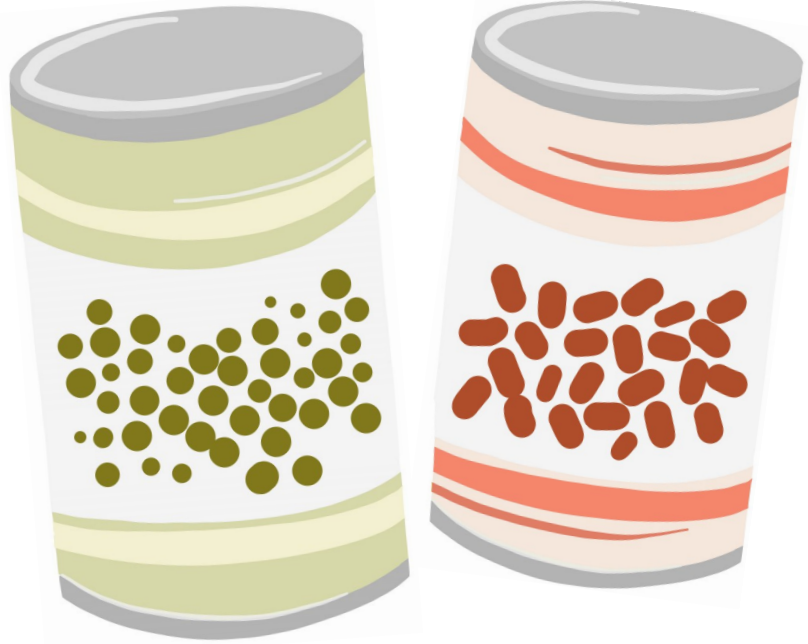
1 Cup of Brown Rice

## How to do it

1. First, Follow the cooking instructions for your brown rice - Once cooked, drain well and then allow to sit with a lid on to keep warm before serving.
2. While your rice is cooking, pop your onion, pepper and mushrooms into a deep sided pan with your chilli, garlic and a little spray of oil. Stir fry for 5-10 minutes before then adding the tomato puree, cumin (if using) lentils, beans, chopped tomatoes and milled seeds into the mix. Stir well and allow to cook gently for about 10-15 minutes to allow the flavours to develop.
3. Serve generous portions with your cooked brown rice and a few sliced jalapeños if you like it extra spicy!

## Top Tips

PS: Have any leftovers? This chilli is yummy on top of a jacket potato too!





# Punchy Pea Pesto Pasta

## To make 4 generous portions

Cost per portion: 43p

## Ingredients

3 cups of Frozen Peas (defrosted)

1 Tablespoon of Garlic Granules

1/2 Teaspoon of Black Pepper

1 Tablespoon of Nutritional Yeast

1/2 Teaspoon of Mixed Herbs

A Tablespoon of Milled Seeds

1-2 Green Chilli (or 2 tablespoons of jalapeños from a jar)

350g Wholewheat pasta



## How to do it

1. Follow the cooking instructions for cooking your pasta, then allow to rest while you prep the pesto.
2. Pop your peas, garlic, pepper, nutritional yeast, herbs, milled seeds, chilli and about 150-200mls of water into a large bowl. Stir well then use a stick blender to blitz the mix and create a thick paste.
3. Tip your pesto mix into a deep sided pan and gently heat. Using a pair of tongues, gradually add the cooked pasta into the pesto mix. Stir well and coat with the flavours.
4. Season to taste and serve with an extra sprinkle of black pepper and nutritional yeast.

PS: This pasta is fab with some fresh baby leaf spinach stirred through and some roughly chopped cashews sprinkled on top.



# Chickpea, Tomato & Spinach Curry

## To make 4 generous portions

Cost per portion: 60p

## Ingredients

- 1 Can of Chickpeas
- 2 tablespoons of Curry Paste
- 2 Cans of Chopped Tomatoes
- 8 Blocks of Frozen Spinach
- 1 Heaped Tablespoon of Curry Spice
- 1 Cup of Brown Rice

## How to do it

1. First, Follow the cooking instructions for your brown rice - Once cooked, drain well and then allow to sit with a lid on to keep warm before serving.
2. While your rice is cooking, pop your drained chickpeas into a deep sided pan along with the curry spice. Stir fry for a few minutes to coat the chickpeas in the flavours.
3. Then add your canned tomatoes, curry paste and spinach into the pan. Stir well and allow to simmer for about 10-15 minutes, stirring often, until the spinach has fully defrosted.
4. Serve in generous portions with your cooked brown rice.

## Top Tips

Why not add an extra nutritional boost to your meal by adding a sprinkle of omega 3 seeds onto your curry?



# Shopping List Essentials

Prices are approximate and are based on the average current pricing of the budget supermarkets and savers ranges within the main UK supermarket brands.

The items below are suggested essentials to use within the recipes included in this download. **By shopping this way as a family of 4 we regularly spend less than £40 per week on our food shopping. Compared to the UK average of £103 that's a pretty big difference!** Items like the herbs and spices won't be a regular feature each week but you will want to make sure that you stock up on multiples of the canned goods depending on the meal plan for the week. ..Try to stay focussed when shopping and remember the aim of the game - Just buy what you need. Make sure your basket isn't full of lots of those tempting 'BOGOF' deals on the frozen pizzas and processed meat products! *If you know you'll be tempted to add lots of unhealthy bits, why try out a click and collect slot to make sure that you stick to your list?*

- Brown Rice 90p p/kg
- Wholemeal Bread 50p
- Wholemeal Pitta Breads 50p for 6
- Wholemeal Pasta 50p p/500g
- Wholemeal Self Raising Flour £1.50 p/kg
- Porridge Oats 80p p/kg
- Canned Chickpeas 30p
- Canned Kidney Beans 30p
- Baked Beans 25p
- Canned Tomatoes 30p
- Canned Green Lentils 50p
- Dried Red Lentils 90p p/500g
- Tomato Puree 28p
- Dried Mixed Herbs 90p p/30g
- Chilli Powder £1 p/100g
- Curry Powder £1 p/100g
- Curry Paste £1 p/200g
- Black Pepper £1 p/100g
- Garlic Granules £1 p/100g
- Veg Stock Cubes 35p for 12
- Milled Seeds (chia, flax hemp etc.) £1.50
- UHT Soya Milk 60p p/Litre
- Smooth Peanut Butter £2.50 p/300g
- Bananas £1 for about 10
- Carrots 40p p/kg
- Mushrooms £1 p/500g
- Fresh Spinach £2 p/500g
- Baking Potatoes 50p for about 4
- Red Onions £1 for about 6
- Apples 25p each
- Frozen Peas 80p p/kg
- Frozen Spinach £1 p/800g
- Frozen Berries £2 p/500g
- Mixed Nuts (unsalted if possible) £2
- Seeds (Sunflower & Pumpkin) £1.50
- Nutritional Yeast £2.50
- Vanilla Essence £1.50
- Cocoa Powder £1 p/200g
- Dried Fruits £1 p/100g

An example meal planner to represent a balance of the recipes and ideas shared in this download

# Meal Planner

Day	Breakfast	Lunch	Dinner
Monday	Soaked Oats with Berries	Tomato & Bean Soup with Cashews	Whoops! Pasta with Spinach Salad
Tuesday	Peanut Butter and Banana Smoothie	Houmous & Spinach Sandwich with Carrot Sticks	Jacket Potato with Beans & Spinach Salad
Wednesday	Warm Soaked Oats with Peanut Butter	Curried Chickpea Balls with Spinach Salad, Shredded Carrot & Seeds	Chilli Non-Carne with Brown Rice & Houmous
Thursday	Black Forest Porridge	Houmous, Carrot Sticks & Wholemeal Pitta Breads	Bean Pie with Stir Fried Greens
Friday	Wholemeal Toast with Peanut Butter	Jacket Potato (with left overs topping) with Spinach Salad & Seeds	Pea Pesto Pasta with Salad & Nutritional Yeast
Saturday	Pancakes with Berries and Syrup	Pea Soup with Wholemeal Toast	Chickpea, Tomato & Spinach Curry with Brown Rice
Sunday	Beans on Toast with Spinach	Chickpea Salad bowl with mini roasted potatoes, Spinach & Houmous.	Cottage Pie with Seasonal Greens

Snacks: Apple slices with peanut butter, carrot sticks and cashews, dried fruits, homemade trail mix and home popped corn  
 Top Tip: It is usually better value to buy bigger packs of nuts & dried fruits. Try pre portioning them in small tubs ready for easy snacks throughout the week - This helps with portion control & prevents the mindless snacking habit trap.

Week Beginning:

Food Costs This Week:

# My Meal Planner

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Fab Meal Planning! ..Have you planned your snacks too?



# Want Some More Support?

If you are keen to really get stuck in to eating more plant based and you want more recipe inspiration.. Why not check out our NEW virtual food plan?

A nutritionist approved wrap around plan with online support network, lots of recipe inspiration, tips and tricks to keep you on track and eating well.

Ready for Launch in  
**December 2020**

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