

# Plants based Menu and Shopping List.

- A selection of tinned vegetables and fruit e.g. chopped tomatoes, sweet corn, and pineapple. Choose unsalted and in juice rather than syrup.
- Seasonal fresh and frozen fruit and vegetables.
- Dried fruit e.g. raisins, sultanas, apricots.
- Tinned or dried chickpeas, black beans, kidney beans, butter beans.
- Dried lentils: red, green, yellow
- Grains e.g. Rice, quinoa, bulgur wheat.
- Dried pasta
- Wholemeal bread (freeze to extend life), rice cakes and oat cakes.
- Porridge oats.
- Unsweetened plant milk e.g. Almond, soya, coconut
- A good spice selection, and fresh onion and garlic for flavour and nutrients. Look for 'own brand' spices which are cheaper or buy in bulk. E.g. Curry powder, turmeric, paprika, black pepper, sea salt, chilli powder, cumin, soy sauce, ginger, mixed herbs.
- Nuts and seeds. (Can be expensive, check for offers and bulk buys).
- Unsweetened plant-based yogurt.

**If you stock up your cupboards you will never go hungry**

**Take out or add items depending on what you have available and your budget**

## Sample Menu Plan

Price per portion depends on ingredients used or amounts added e.g. more or less milk, nuts, seeds and the type of vegetables used. Examples shown below:

A 25g portion of nuts costs on average 25p

A typical 40g serving of porridge made with water and milk, and a few raisins costs 30p

Lentil and bean chilli costs on average £2 for 3-4 servings (2 x budget tinned tomatoes, 320g lentils, 1 x budget tin of kidney beans, an onion, chilli powder, garlic.)

**Plant based protein costs on average a third less than animal protein**

Plant based protein costs on average a third less than animal protein, when calculating the same amounts of protein eaten.

### Breakfast 30-70p per day

Day 1	Day 2	Day 3	Day 4	Day 5
Porridge made with water and milk, top with chopped fruit, nuts and seeds.	Overnight oats (soak oats with milk the night before). Top with fruit, nuts, seeds	Porridge made with water and milk, top with chopped fruit, nuts and seeds.	Breakfast smoothie. Use some frozen fruit, scoop of oats, milk, yoghurt, top with seeds	Banana. Glass of milk, toast and beans