

Lunch 80p-£1.30 per day

Day 1

Mashed chick peas (1 tin enough for 2 days. Mash with garlic, lemon juice, salt).
Vegetable sandwich
Fruit and vegetable sticks, nuts

Day 2

Mashed chick pea and vegetable sandwich
Fruit and vegetable sticks
Nuts

Day 3

Oat cakes
Black beans, mix in lemon juice, garlic and seasoning and quinoa (1 tin for 2-3 servings) Fruit and vegetable sticks

Day 4

Oat cakes
Black beans mixed in lemon juice, garlic and seasoning and quinoa.
Fruit and vegetable sticks

Day 5

Left overs from dinner.
Fruit and vegetable sticks



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



Dinner £1-£1.50 per day

Day 1

Chilli made with lentils and kidney beans (can be frozen for another day) served with rice and green vegetables.
Banana and yoghurt.

Day 2

Chickpea and vegetable curry (can be frozen)
Green vegetables
Fruit or nuts

Day 3

Lentils in tomato sauce with pasta.
green vegetables.
Banana and yoghurt

Day 4

Roasted chickpeas (coat in a small amount of oil (or none) curry or chilli powder, cook in oven for 10-12 minutes) Sweet or white potato wedges and roasted veg.
Fruit or nuts

Day 5

Stir fried vegetables, rice and beans.
Banana and yoghurt