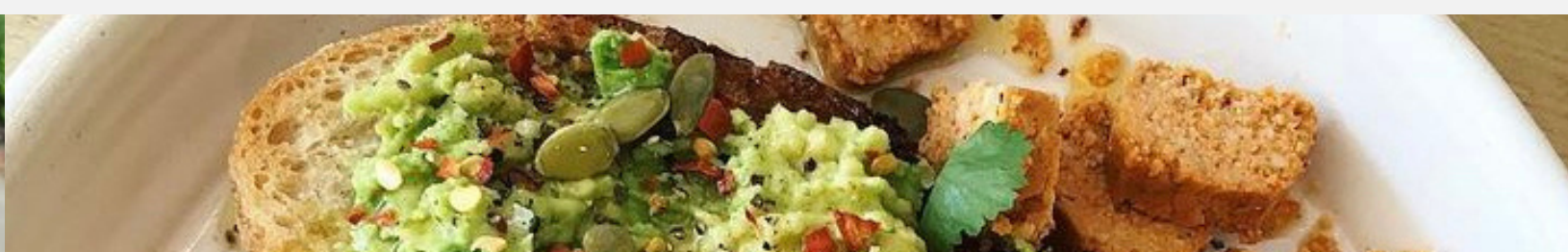


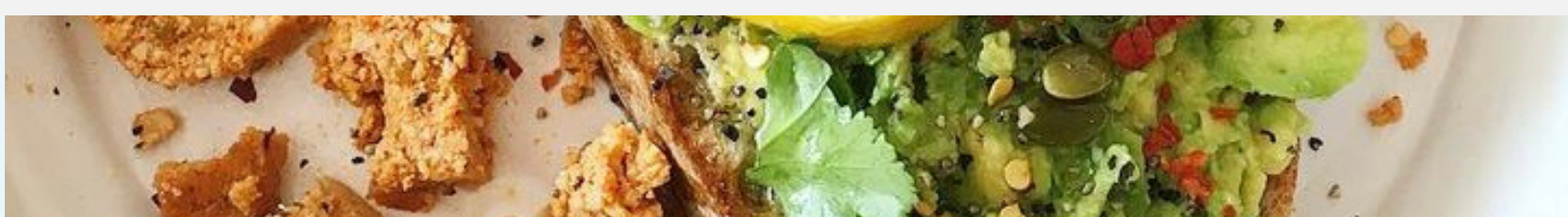


THE  
ZEN

VEGANS



## BUDGET FRIENDLY 7 DAY MEAL PLAN



# £11.45 A WEEK

INCLUDES BREAKFAST, LUNCH, DINNER & SNACKS

8-10 PORTIONS OF FRUIT & VEG A DAY

BASED ON 2000 CALS A DAY



	BREAKFAST	LUNCH	DINNER	SNACK
DAY 1	PORRIDGE	BEANS ON TOAST	CHICKPEA CURRY	SNACK
DAY 2	PEANUT BUTTER TOAST	STIR FRY	BEAN CHILLI	SNACK
DAY 3	PORRIDGE	BEANS ON TOAST	SPAG BOL	SNACK
DAY 4	PEANUT BUTTER TOAST	'TUNA' SANDWICH	CHICKPEA CURRY	SNACK
DAY 5	PORRIDGE	STIR FRY	SPAG BOL	SNACK
DAY 6	PEANUT BUTTER TOAST	'TUNA' SANDWICH	BEAN CHILLI	SNACK
DAY 7	PORRIDGE	'TUNA' SANDWICH	SPAG BOL	SNACK



## BREAKFAST

## LUNCH

## DINNER

## SNACK

DAY 1

### Porridge

- Oats (40g)
- Soy Milk (200ml)
- Banana
- Frozen Berries (80g)
- Coffee

### Beans on Toast

- Baked Beans (1/3 can)
- 2 Slices Brown Bread
- Vegan Butter (1 tbsp)

### Chickpea Curry

- Chickpeas (100g)
- Frozen Cauliflower (80g)
- Vegetable Oil (1 tbsp)
- Chopped Tomatoes (100g)
- Curry Powder (2 tsps)
- Coconut Milk (100ml)
- Carrots (80g)
- Onions (80g)
- White Rice (72g dry)

- Raisins (30g)
- Salted Peanuts (40g)
- Popcorn Kernels (2 tbsp)
- Tea with soy milk (x2)

DAY 2

### Peanut Butter Toast

- 2 Slices Brown Toast
- Peanut Butter (1 tbsp)
- Banana
- Coffee

### Stir Fry

- Tofu (100g)
- Noodles (1 nest)
- Frozen Broccoli (80g)
- Carrots (80g)
- Frozen Peppers (80g)
- Onions (80g)
- Vegetable Oil (1 tbsp)
- Soy Sauce (1 tbsp)

### Bean Chilli

- Kidney Beans (1/3 can)
- Black Beans (25g dry)
- Black Eye Beans (25g dry)
- Cumin, paprika & chilli (2 tsps)
- Vegetable Oil (1 tbsp)
- Chopped Tomatoes (100g)
- Carrots (80g)
- Onions (80g)
- Frozen Peppers (80g)
- White Rice (72g dry)

- Raisins (30g)
- Salted Peanuts (40g)
- Popcorn Kernels (2 tbsp)
- Apple
- Tea with soy milk (x2)

DAY 3

### Porridge

- Oats (40g)
- Soy Milk (200ml)
- Banana
- Frozen Berries (80g)
- Coffee

### Beans on Toast

- Baked Beans (1/3 can)
- 2 Slices Brown Bread
- Vegan Butter (1 tbsp)

### Spag Bol

- Red Lentils (100g dry)
- Chopped Tomatoes (100g)
- Vegetable Oil (1 tbsp)
- Garlic cloves (2)
- Mixed herbs (1 tsp)
- Onions (80g)
- Carrots (80g)
- Frozen Peas (80g)
- Spaghetti (75g dry)

- 3 Digestive Biscuits
- Salted Peanuts (40g)
- Tea with soy milk (x2)

DAY 4

### Peanut Butter Toast

- 2 Slices Brown Toast
- Peanut Butter (1 tbsp)
- Banana
- Coffee

### 'Tuna' Sandwich

- Chickpeas (100g)
- 2 Slices Brown Bread
- Vegan Mayo (1 tbsp)
- Mustard (1 tsp)
- Salad tomato (1)
- Lettuce (50g)

### Chickpea Curry

- Frozen Cauliflower (80g)
- Vegetable Oil (1 tbsp)
- Chopped Tomatoes (100g)
- Curry Powder (2 tsps)
- Coconut Milk (100ml)
- Carrots (80g)
- Onions (80g)
- White Rice (72g dry)

- 2 Digestive Biscuits
- Popcorn Kernels (2 tbsp)
- Tea with soy milk (x2)

DAY 5

### Porridge

- Oats (40g)
- Soy Milk (200ml)
- Banana
- Frozen Berries (80g)
- Coffee

### Stir Fry

- Tofu (100g)
- Noodles (1 nest)
- Frozen Broccoli (80g)
- Carrots (80g)
- Frozen Peppers (80g)
- Onions (80g)
- Vegetable Oil (1 tbsp)
- Soy Sauce (1 tbsp)

### Spag Bol

- Red Lentils (100g dry)
- Chopped Tomatoes (100g)
- Vegetable Oil (1 tbsp)
- Garlic cloves (2)
- Mixed herbs (1 tsp)
- Onions (80g)
- Carrots (80g)
- Frozen Peas (80g)
- Spaghetti (75g dry)

- 2 Digestive Biscuits
- Popcorn Kernels (2 tbsp)
- Tea with soy milk (x2)

DAY 6

### Peanut Butter Toast

- 2 Slices Brown Toast
- Peanut Butter (1 tbsp)
- Banana
- Coffee

### 'Tuna' Sandwich

- Chickpeas (100g)
- 2 Slices Brown Bread
- Vegan Mayo (1 tbsp)
- Mustard (1 tsp)
- Salad tomato (1)
- Lettuce (50g)

### Bean Chilli

- Kidney Beans (1/3 can)
- Black Beans (25g dry)
- Black Eye Beans (25g dry)
- Cumin, paprika & chilli (2 tsps)
- Vegetable Oil (1 tbsp)
- Chopped Tomatoes (100g)
- Carrots (80g)
- Onions (80g)
- Frozen Peppers (80g)
- White Rice (72g dry)

- Raisins (30g)
- Popcorn Kernels (2 tbsp)
- Apple
- Tea with soy milk (x2)

DAY 7

### Porridge

- Oats (40g)
- Soy Milk (200ml)
- Banana
- Frozen Berries (80g)
- Coffee

### 'Tuna' Sandwich

- Chickpeas (100g)
- 2 Slices Brown Bread
- Vegan Mayo (1 tbsp)
- Mustard (1 tsp)
- Salad tomato (1)
- Lettuce (50g)

### Spag Bol

- Red Lentils (100g dry)
- Chopped Tomatoes (100g)
- Vegetable Oil (1 tbsp)
- Garlic cloves (2)
- Mixed herbs (1 tsp)
- Onions (80g)
- Carrots (80g)
- Frozen Peas (80g)
- Spaghetti (75g dry)

- 3 Digestive Biscuits
- Popcorn Kernels (2 tbsp)
- Tea with soy milk (x2)

	BREAKFAST	LUNCH	DINNER	SNACK	TOTAL
<b>DAY 1</b>	<b>Porridge</b> Price per Portion: £0.64 Calories: 335	<b>Beans on Toast</b> Price per Portion: £0.12 Calories: 354	<b>Chickpea Curry</b> Price per Portion: £0.72 Calories: 915	Price per Portion: £0.34 Calories: 463	<b>Total Price:            £1.77            Calories: 2067</b>
<b>DAY 2</b>	<b>Peanut Butter Toast</b> Price per Portion: £0.25 Calories: 369	<b>Stir Fry</b> Price per Portion: £0.49 Calories: 448	<b>Bean Chilli</b> Price per Portion: £0.84 Calories: 897	Price per Portion: £0.49 Calories: 403	<b>Total Price:            £1.93            Calories: 1985</b>
<b>DAY 3</b>	<b>Porridge</b> Price per Portion: £0.64 Calories: 335	<b>Beans on Toast</b> Price per Portion: £0.12 Calories: 354	<b>Spag Bol</b> Price per Portion: £0.26 Calories: 886	Price per Portion: £0.28 Calories: 445	<b>Total Price:            £1.25            Calories: 1995</b>
<b>DAY 4</b>	<b>Peanut Butter Toast</b> Price per Portion: £0.25 Calories: 369	<b>'Tuna' Sandwich</b> Price per Portion: £0.47 Calories: 466	<b>Chickpea Curry</b> Price per Portion: £0.72 Calories: 915	Price per Portion: £0.19 Calories: 302	<b>Total Price:            £1.57            Calories: 2002</b>
<b>DAY 5</b>	<b>Porridge</b> Price per Portion: £0.64 Calories: 335	<b>Stir Fry</b> Price per Portion: £0.49 Calories: 448	<b>Spag Bol</b> Price per Portion: £0.26 Calories: 886	Price per Portion: £0.19 Calories: 302	<b>Total Price:            £1.50            Calories: 2054</b>
<b>DAY 6</b>	<b>Peanut Butter Toast</b> Price per Portion: £0.25 Calories: 369	<b>'Tuna' Sandwich</b> Price per Portion: £0.47 Calories: 466	<b>Bean Chilli</b> Price per Portion: £0.84 Calories: 897	Price per Portion: £0.42 Calories: 372	<b>Total Price:            £1.92            Calories: 1973</b>
<b>DAY 7</b>	<b>Porridge</b> Price per Portion: £0.64 Calories: 335	<b>'Tuna' Sandwich</b> Price per Portion: £0.47 Calories: 466	<b>Spag Bol</b> Price per Portion: £0.26 Calories: 843	Price per Portion: £0.21 Calories: 341	<b>Total Price:            £1.52            Calories: 1981</b>

**Weekly  
Total  
Cost**

**£11.45**

## Shopping List

### Fresh Fruit & Veg

- Apples
- Bananas
- Carrots
- Iceberg
- Lettuce
- Salad
- Tomatoes
- White Onions

### Frozen

- Berries (mixed)
- Broccoli
- Cauliflower
- Peas
- Peppers

### Fridge

- Tofu
- Margarine

### Store Cupboard

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Baked Beans      | <input type="checkbox"/> Digestive Biscuits | <input type="checkbox"/> Raisins        |
| <input type="checkbox"/> Black Eye Beans  | <input type="checkbox"/> Kidney Beans       | <input type="checkbox"/> Rice (white)   |
| <input type="checkbox"/> Black Beans      | <input type="checkbox"/> Mayonnaise         | <input type="checkbox"/> Salted Peanuts |
| <input type="checkbox"/> Brown Bread      | <input type="checkbox"/> Mixed Herbs        | <input type="checkbox"/> Soy Milk       |
| <input type="checkbox"/> Chickpeas        | <input type="checkbox"/> Mustard            | <input type="checkbox"/> Soy Sauce      |
| <input type="checkbox"/> Chopped Tomatoes | <input type="checkbox"/> Noodles            | <input type="checkbox"/> Spaghetti      |
| <input type="checkbox"/> Coconut Milk     | <input type="checkbox"/> Oats               | <input type="checkbox"/> Tea Bags       |
| <input type="checkbox"/> Cumin            | <input type="checkbox"/> Paprika            | <input type="checkbox"/> Vegetable Oil  |
| <input type="checkbox"/> Curry Powder     | <input type="checkbox"/> Peanut Butter      |   |
| <input type="checkbox"/> Coffee           | <input type="checkbox"/> Popcorn Kernels    |   |

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## Shopping List

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### Asda

- Apples
- Bananas
- Brown bread
- Carrots
- Cauliflower (frozen)
- Chickpeas
- Chopped Tomatoes
- Coffee
- Curry Powder
- Digestive biscuit
- Red Lentils
- Kidney Beans
- Lettuce
- Mixed herbs
- Garlic
- Mustard
- Noodles
- Oats
- Pasta
- Peanut butter
- Popcorn kernels
- Raisins
- Red Onions
- Soy Milk
- Soy sauce
- Tea
- Tofu
- Tomato
- Veg Oil
- Vegan butter
- Vegan Mayo
- White Rice (dry)

### Lidl

- Baked Beans
- Peppers (frozen)
- Broccoli (frozen)
- Coconut Milk
- Frozen berries
- Peas (frozen)
- Salted Peanuts
- Spices - paprika
- Spices - cumin

### Buywholefoodsonline

- Black Beans (2.80/kg)
- Black eye beans (3.85/kg)

\*Prices of items are based on the lowest price per weight as of March 2023. This list has been created with the aim to keep the number of stores visited to a minimum. Cheaper items maybe available from other stores.

