



	BREAKFAST	LUNCH	DINNER
<b>Mon</b> ~120g protein	<b>Peanut butter porridge</b> Oats, soya milk, peanut butter, banana, cinnamon	<b>Lentil &amp; rice bowl</b> Red lentils, rice, frozen veg, curry powder, lemon	<b>Tofu &amp; bean stir-fry</b> Value tofu, frozen stir-fry veg, soy, noodles
<b>Tue</b> ~115g protein	<b>Banana oat smoothie</b> Oats, soya milk, banana, peanut butter, frozen berries	<b>Beans on toast plus</b> Baked beans, 2 wholemeal toast, spinach, nutritional yeast	<b>Soya mince chilli</b> Soya mince, tinned tomatoes, kidney beans, rice
<b>Wed</b> ~120g protein	<b>Overnight oats</b> Oats, soya milk, frozen berries, seeds, jam swirl	<b>Chickpea curry</b> Tinned chickpeas, tomato, frozen spinach, rice	<b>Jacket potato &amp; beans</b> Baked potato, beans, sweetcorn, side salad
<b>Thu</b> ~115g protein	<b>Tofu scramble &amp; toast</b> Value tofu, turmeric, 2 toast, tinned tomatoes	<b>Lentil dahl</b> Red lentils, onion, garlic, spices, rice (make double)	<b>Pasta &amp; lentil bolognese</b> Lentils, tinned tomatoes, pasta, frozen veg
<b>Fri</b> ~120g protein	<b>PB &amp; banana toast</b> 2 wholemeal toast, peanut butter, banana, soya milk	<b>Bean &amp; veg soup</b> Mixed beans, frozen veg, stock, bread + margarine	<b>Tofu fried rice</b> Tofu, leftover rice, frozen peas & corn, soy
<b>Sat</b> ~115g protein	<b>Big porridge</b> Oats, soya milk, banana, peanut butter, raisins	<b>Hummus &amp; chickpea wrap</b> Tortilla, hummus, chickpeas, salad, sriracha	<b>Three-bean chilli</b> Tinned beans, tomatoes, rice, frozen pepper mix
<b>Sun</b> ~120g protein	<b>Tofu &amp; beans breakfast</b> Tofu, baked beans, mushrooms, 2 toast	<b>Loaded lentil soup</b> Lentils, carrot, onion, potato, bread on the side	<b>Budget veg roast</b> Roast potatoes & veg, soya mince patties, gravy

#### SNACKS TO TOP UP

Banana & peanut butter · porridge pot · toast & jam · frozen-berry yogurt · roasted chickpeas · oatcakes & hummus.

#### CHEAP PROTEIN STAPLES

Stock up on **dried lentils, tinned beans, oats, frozen veg, value tofu, soya mince, peanut butter & soya milk**. Buy own-brand, cook in bulk, freeze portions.

#### STRETCH IT FURTHER

Double every dinner and freeze half · use **frozen veg & fruit** (cheaper, zero waste) · bulk meals with lentils · own-brand protein powder if budget allows.