

# Eat Well Spend Less



Top tips, recipes and weekly meal planners  
to make your money go further



# Foreword

**We live in changing times. Prices of commodities are on the rise. Family weekly expense budgets have risen by as much as 37% in recent years. However, the choice of fresh and processed food available to buy has never been as varied and competitively priced as nowadays.**

Working as a Community Chef, I am always enthused and inspired to create ideas and recipes that stretch the produce and reduce excess food waste.

This booklet will guide you towards eating healthy, frugal meals that don't cost the earth. To my mind living a frugal life is about taking care with your money, living on less, making wise decisions, using money saving tips. It is about consuming less, about focusing on the positive things you can do with the money you have, making new dishes for your family, 'mixing it up' a little, trying new recipes or versions of well loved healthy family favourites, buying seasonal meats, fruit and veg.

Cornwall has been the home of healthy frugal suppers since time began. Evolving from mighty Pasties, Muggety pies and Kiddley broths, we have come a long way in demonstrating the power of innovative and smart meal solutions. Leave the processed food and ready-made meals on the supermarket shelves. Get your thinking caps on and start eating healthy frugal feasts.

Prosenjit Sanjay Kumar, Founder School of Cornish Sardines  
([www.schoolofcornishsardines.co.uk](http://www.schoolofcornishsardines.co.uk))



Sanjay Kumar works actively in the Cornish community promoting healthy economic eating and more of his recipes can be accessed here:  
[http://truro.foodbank.org.uk/resources/documents/Sanjay-Kumar/Menu-PDFLastbooklet-\(1\).pdf](http://truro.foodbank.org.uk/resources/documents/Sanjay-Kumar/Menu-PDFLastbooklet-(1).pdf)

# Introduction

**Need some ideas to make your money go further?**

**We have designed a one week planner for a family of 4 and a one week planner for a single person to help!**

The recipes are all budgeted based on average supermarket costs as of September 2013. You should be able to make even more savings if you shop around.

The week planners offer a balanced diet which means your body should get all the nutrients it needs. Portion sizes are based on average requirements. Some people may need more or less.

We have also included recipes shared by Cornish community groups, including Food Banks.

Hopefully we've managed to show that healthy eating doesn't have to be expensive. Enjoy the recipes and for more ideas please log on to our website: [www.cornwallhealthyweight.org.uk](http://www.cornwallhealthyweight.org.uk)

Sophia Aston and Ashton Tregoning,  
Health Promotion Service.

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One week meal planner

**For 1 adult**

**Monday**

**Tuesday**

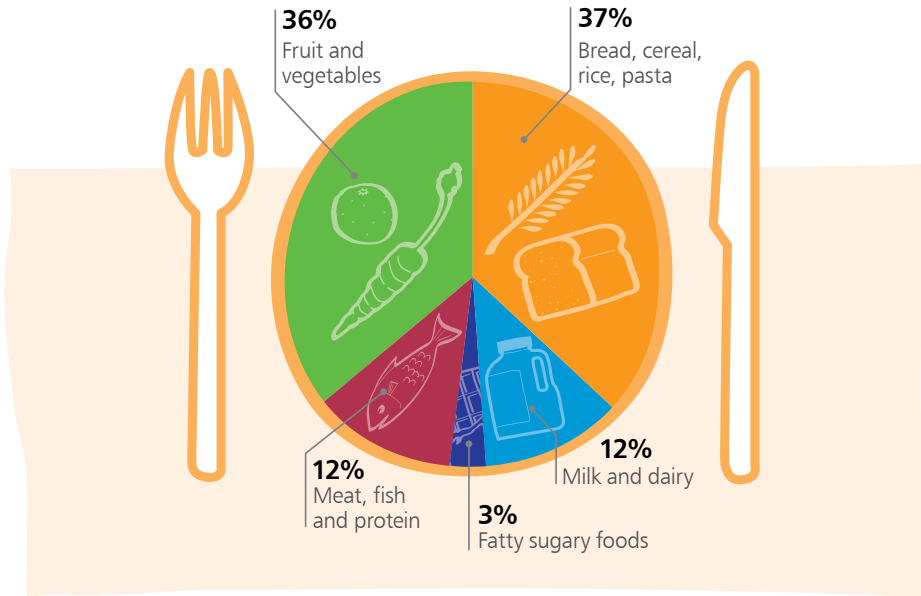
**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**



This meal plan offers a well-balanced and healthy diet, turn to page 53 for further healthy lifestyle advice.

### Store cupboard essentials:

- Curry paste / powder
- Chilli powder
- Dried mixed herbs
- Low fat mayonnaise
- Low fat spread
- Oil (sunflower / olive oil)
- Paprika
- Pepper
- Plain flour
- Soy sauce
- Stock cubes
- Sugar
- Tomato puree



Shopping list	Cost	Left overs
Apples x 4	0.90	0
Bananas x 4	0.48	0
Kiwi fruit x 1	0.30	0
Lemon x 1	0.60	0
Carrots x 4	0.36	0
Courgette x 1	0.31	0
Cucumber half x 1	0.40	0
Garlic x 1	0.40	Half bulb
Onions x 1kg	1.00	2
Tomatoes x 2	0.28	0
Sweet potato x 1	0.45	0
Frozen mixed veg x 1kg	0.75	0
Frozen mixed fruit x 500g	1.50	0
Peaches tinned x 1	0.32	0
Mandarin segments tinned x 1	0.23	0
Tomatoes tinned x 1	0.34	0
New potatoes tinned x 1	0.15	0
Wholemeal bread loaf x 1	0.47	6 slices
Rice x 1kg	0.40	600g
Pasta x 500g	0.29	200g
Noodles x 65g	0.15	0
Oats x 1kg	0.75	750g
Milk x 2 pints (1.1 litres)	0.98	300ml
Value soft cheese x 200g	0.49	0
Low fat natural yogurt x 500g	0.45	0
Chicken breasts x 1	2.00	0
Minced beef x 500g	3.00	0
Kidney beans tinned x 1	0.21	0
Mackerel tinned x 1	0.85	0
Tuna tinned x 1	0.90	0
Peanut butter	0.62	100g
Sugar free raspberry jelly	0.69	1 sachet
<b>Total</b>	<b>£21.04</b>	



# Meal Planner

	Breakfast	Lunch	Dinner
<b>Monday</b>	Porridge with fruit	Creamy cheesy sandwich Apple	Veg curry and rice <b>Dessert:</b> Fruity frozen yoghurt
<b>Tuesday</b>	Peanut butter on toast with banana and a glass of milk	Veg curry and rice Apple	Creamy pasta <b>Dessert:</b> Yoghurt with berries
<b>Wednesday</b>	Porridge with fruit	Tuna pasta salad Apple	Chilli con carne <b>Dessert:</b> Fruity jelly
<b>Thursday</b>	Peanut butter on toast with banana and a glass of milk	Sweet potato with chilli Fruity Jelly	Tuna kedgeree <b>Dessert:</b> Apple
<b>Friday</b>	Porridge with fruit	Veg soup with toast Mandarins	Stir fry and noodles <b>Dessert:</b> Fruity jelly
<b>Saturday</b>	Porridge with chopped banana or fruit	Mackerel pate on toast with cucumber Mandarins	Mince and potatoes <b>Dessert:</b> Quick fruit crumble
<b>Sunday</b>	Peanut butter on toast with banana and a glass of milk	Veg soup with toast Kiwi fruit	Pasta bolognese <b>Dessert:</b> Quick fruit crumble

## Breakfast

Try with a sprinkle of cinnamon



## Porridge with fruit

1 serving

## Ingredients

½ cup oats

½ cup milk

½ cup water

1 handful frozen fruit

You can add any fruit to porridge. Dried or tinned fruit in juice is just as good for you and counts towards your 5 A DAY!

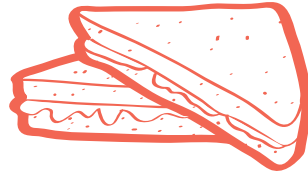
## Method

1. Put the oats, water and milk in a non-stick saucepan. Heat and stir until boiling then lower the heat. Add the fruit and simmer gently, stirring occasionally for 5 minutes.
2. Alternatively, put all the ingredients in a microwave bowl and heat on full power for 2 minutes, stir and reheat for a further 2 minutes. Leave to stand for 1 minute, stir and serve.

If you want the fruit uncooked, defrost overnight

## Lunch

Add tinned tuna, salmon, or some kidney beans



## Creamy cheesy sandwich

## Ingredients

2 slices wholemeal bread

2 tablespoon cream cheese

1 carrot, grated

2cm/¾ inch sliced cucumber

Squeeze of lemon and black pepper

## Method

Mix the cream cheese, carrot, lemon juice and pepper. Spread on bread and add the sliced cucumber.

You can use any vegetables you have left over, like tomatoes, peppers, sweetcorn

Check what's on offer in the shops; flour tortillas or pitta pockets taste just as good with these yummy fillings

*If you want to use meat make sure you check that it is cooked through*

*Rice should be cooled quickly then refrigerated to prevent food poisoning*

## Dinner

# Vegetable curry and rice

*2 servings*

## Ingredients

Low fat cooking spray /  
1 teaspoon oil  
1 onion, chopped  
200g (2 large handfuls) of  
frozen mixed veg  
1 tablespoon curry paste or  
1 teaspoon curry powder  
2 tomatoes, chopped  
2 tablespoon low  
fat yoghurt  
½ 410g tin kidney beans,  
drained and rinsed (keep  
the other ½ for the chilli)  
2 tablespoons freshly  
chopped coriander  
(optional)  
1½ mugs rice

## Method

1. Brown the onion in low fat cooking spray/oil in a large pan. Stir in the curry paste/powder and cook for 1 minute. Then add the tomatoes and yoghurt and cook for a further 2 minutes. Add the mixed veg and kidney beans and cook for 10 minutes. Serve topped with chopped coriander (optional).
2. Meanwhile cook the rice according to the packet.
3. Split the curry in two and the rice in three. Eat half the curry now with one serving of rice and the other half tomorrow lunchtime with another serving of rice. Keep the final serving of rice for the Chilli con carne on Wednesday. Place the two leftover servings of rice in the fridge once they have cooled.

*Most vegetables can be added to this recipe so you can swap for what you have left in your cupboard or freezer. You could use chick peas, butter beans, Cannellini beans, red or green lentils*

## Dessert

# Fruity frozen yoghurt *1 serving*

## Ingredients

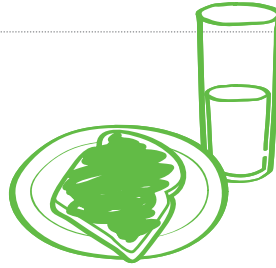
2 tablespoons plain yoghurt  
1 handful frozen berries  
½ teaspoon sugar  
A few drops of lemon juice

## Method

1. Mix together the ingredients in a bowl.
2. Pour into a plastic tub, put a lid on and put in the freezer.
3. Stir every half hour for 1 ½ hours and serve.

*Leave it for more or less time dependent on whether you want it soft scoop or more icy*

## Breakfast



*Instead of milk, make a smoothie: put a handful of fruit and half a banana in a blender, cover with milk and blend*

## Ingredients

2 slices of toast

2 tablespoons peanut butter

1 banana sliced

200ml glass of milk

## Peanut butter on toast with banana and a glass of milk

1 serving

## Method

1. Spread peanut butter on the toast and top with sliced banana. Serve with a glass of milk

## Lunch



## Ingredients

Left over curry and rice

## Veg curry and rice

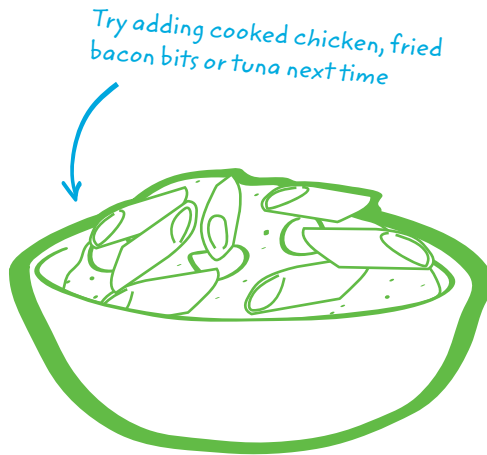
## Method

1. Re-heat the curry and rice in a microwavable dish for 2 minutes on high. Stir and cook for a further 1 minute... or
2. Heat the curry and rice gently in a pan, stirring occasionally until hot enough (roughly 5-8 minutes).

## Dinner

### Ingredients

4 handfuls (200g) pasta  
Cooking spray/1 teaspoon oil  
½ onion, sliced  
1 clove garlic, chopped  
2 handfuls frozen veg  
¼ teaspoon curry powder  
2 tablespoons cream cheese



Swap curry powder for half a teaspoon of mustard and herbs

Use tinned veg, like sweetcorn, peas or beans instead of frozen veg

## Creamy pasta

1 serving

### Method

1. Cook the pasta according to the packet.
2. In another pan, brown the onion for 2-3 minutes then add the garlic, curry powder, frozen veg and cream cheese and cook for 10 minutes on a low heat. Add a splash of milk if needed.
3. Drain the pasta. Reserve half for tomorrow's salad.
4. Mix the remaining pasta with the sauce and serve.

## Dessert

## Yoghurt with berries 1 serving

## Breakfast

*Try with a sprinkle of cinnamon*



## Porridge with fruit

1 serving

### Ingredients

½ cup oats

½ cup milk

½ cup water

1 handful frozen fruit

### Method

1. Put the oats, water and milk in a non-stick saucepan. Heat and stir until boiling then lower the heat. Add the fruit and simmer gently, stirring occasionally for 5 minutes.
2. Alternatively, put all the ingredients in a microwave bowl and heat on full power for 2 minutes, stir and reheat for a further 2 minutes. Leave to stand for 1 minute, stir and serve.

## Lunch

*This recipe is great for packed lunches and can be kept in the fridge for up to 3 days*



### Ingredients

1 tablespoon low fat mayonnaise

1 tablespoon yoghurt

Squeeze of lemon

¼ teaspoon dried herbs

Pepper or paprika to season

100g cold cooked pasta

½ tin tuna, drained

1 tomato, chopped

2cm/¾ inch cucumber, diced

## Tuna pasta salad

### Method

1. Mix the mayonnaise, yoghurt, lemon, herbs and paprika.
2. Mix in the tuna, vegetables and cold pasta and serve.

*Leave out the tuna and serve with cooked chicken or salmon*

*Double up the recipe so you have lunches for 2 days*

*Use rice instead of the pasta for a tasty rice salad!*

Freeze a batch ready to use for last minute dinners. It will keep for 1 month in the freezer



## Dinner

Look for deals on Quorn or turkey mince, they work great with this recipe and are lower in fat

### Ingredients

- 1 teaspoon olive oil
- 500g pack minced beef
- 1 onion, diced
- 1 garlic clove, chopped
- 1 large carrot, finely chopped
- 1 tin chopped tomatoes
- ½ 410g tin red kidney beans, drained and rinsed
- ½ stock cube
- ¼ teaspoon chilli powder (mild or hot)
- ¼ teaspoon paprika
- 1 tablespoon tomato puree

## Chilli con carne 3 servings

### Method

1. Divide the meat into two portions. Freeze one and use the other one for this recipe.
2. Brown the onion in olive oil. Add the meat and cook until brown, breaking up any lumps. Drain off any excess oil.
3. Add the carrot, garlic, tomatoes and beans to the pan.
4. Add the chilli powder, ½ stock cube, paprika and tomato puree, stir and bring to the boil then simmer for 15 minutes.
5. Divide the chilli into 3 portions.
6. Eat one portion now, keep one for tomorrow and freeze the third portion for another week.
7. Serve with Monday's left over rice reheated.

You can add more chilli and paprika if you like it hot



## Dessert

### Ingredients

- 2 handfuls of frozen berries
- 1 sachet of raspberry sugar free jelly

You can use any variety of fruit and jelly mix. Try tinned strawberries, peaches, fruit cocktail or pears with any flavour jelly

## Fruity jelly 3 servings

### Method

1. Tip berries into a large bowl.
2. Make up 1 sachet of jelly according to instructions on pack.
3. Pour jelly on top of the fruit and put in the fridge to set.

## Breakfast

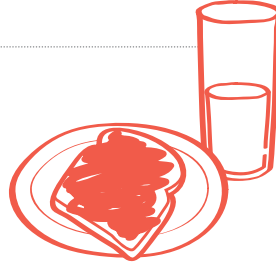
## Ingredients

2 slices of toast

2 tablespoons peanut butter

1 banana sliced

200ml glass of milk



*Instead of milk, make a smoothie: put a handful of fruit and half a banana in a blender, cover with milk and blend*

## Peanut butter on toast with banana and a glass of milk

1 serving

## Method

1. Spread peanut butter on the toast and top with sliced banana. Serve with a glass of milk.

## Lunch

## Ingredients

1 sweet potato

1 portion chilli con carne

## Sweet potato and chilli

1 serving

## Method

1. Prick the potato with a fork and bake whole in the oven for 40 minutes or cook in the microwave for 6-8 minutes until soft.
2. Alternatively, chop into small chunks and place on a baking tray with 1 chopped garlic clove and 1 teaspoon oil drizzled over. Toss and bake for 20-30 minutes or until the potato is cooked.
3. Re-heat the chilli con carne either in a small pan with a lid on for around 10 minutes, stirring occasionally or in the microwave for 2 minutes, stir, cook again for 2 minutes, stir and stand for 1 minute.



## Dinner

### Ingredients

½ onion, chopped

Cooking spray/  
1 teaspoon oil

½ mug (50g)

long grain rice

½ 185g tin of tuna,  
drained

1 handful frozen  
mixed veg

Salt and pepper

Squeeze of lemon

½ teaspoon curry  
powder (optional)

*If you have an egg, boil in a separate pan for 8-10 minutes until hard boiled. Shell and dice it, and add to the pan for the last 5 minutes for an extra flavour.*

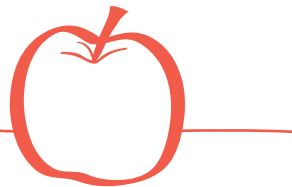
## Tuna kedgeree 1 serving

### Method

1. Pour 1 teaspoon of oil into a medium sized pan and fry off the onion on a medium heat until golden brown (3-5 mins).
2. Meanwhile rinse the rice in a sieve until the water runs clear. If you don't have a sieve rinse repeatedly in a bowl using your hand to stop the rice falling out as you pour the starchy water away.
3. Break the fish into chunks and add to the pan along with the veg and rice. Pour over boiling water until it covers the rice by around 3.5cm (1.5 inches). Add seasoning and stir once.
4. Turn the heat up and bring to the boil. Then turn the heat down and simmer gently (small bubbles only) for 20 minutes with a lid on.
5. Check if the rice is cooked. It should have absorbed all the liquid but if not pour any excess away. Then serve.

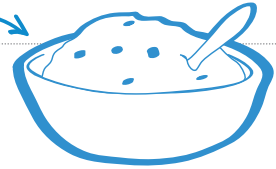
## Dessert

### Apple



## Breakfast

*Try with a sprinkle of cinnamon*



## Ingredients

½ cup oats

½ cup milk

½ cup water

1 handful frozen fruit

*You can add any fruit to porridge. Dried or tinned fruit in juice is just as good for you and counts towards your 5 A DAY!*

## Porridge with fruit

1 serving

## Method

1. Put the oats, water and milk in a non-stick saucepan. Heat and stir until boiling then lower the heat. Add the fruit and simmer gently, stirring occasionally for 5 minutes.
2. Alternatively, put all the ingredients in a microwave bowl and heat on full power for 2 minutes, stir and reheat for a further 2 minutes. Leave to stand for 1 minute, stir and serve.

*If you want the fruit uncooked, defrost overnight*

## Lunch

## Vegetable soup and toast

2 servings

## Ingredients

4 handfuls frozen veg

½ onion, chopped

1 clove garlic, chopped

½ tin new potatoes, diced

1 teaspoon mixed herbs

1 stock cube

Paprika and pepper to season

2 slices bread

## Method

1. Brown the onion for 3 minutes, then add the garlic and brown for a further minute until both are golden.
2. Add the vegetables and potatoes, stock cube, herbs and seasoning.
3. Add boiling water until it covers all the veg by about 2.5 cm/1 inch.
4. Bring to the boil then simmer for 15 minutes or until all the veg is cooked.
5. Serve one portion with 2 slices of toast.
6. Keep the other portion for Sunday.

Put the bread in the freezer and use as toast from now on

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## Dinner

### Ingredients

1 tablespoon oil

1 chicken breast, sliced into strips

½ courgette, sliced into strips

½ onion, sliced into strips

Small handful frozen mixed veg

1 tablespoon of soy sauce

65g instant noodles

*If you have a freezer you can buy frozen chicken which is usually much cheaper than fresh.*

## Stir fry and noodles

1 serving

### Method

1. Heat the vegetable oil in a wok or large frying pan.
2. Add the strips of chicken to the pan and cook for a few minutes until white all the way through
3. Add all the vegetables and stir-fry over a high heat for 6-7 minutes, or until the vegetables are cooked, yet still crunchy.
4. Whilst the vegetables are cooking, add the noodles to a pan of boiling water (just enough to cover the noodles), reduce the heat and cook for 1-2 minutes or until the noodles are cooked. Don't add the flavour sachet as there will be enough flavour from the soy sauce.
5. Pour the soy sauce over the chicken and vegetables and serve with the noodles.

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## Dessert

## Leftover fruity jelly

*You can use any variety of fruit and jelly mix. Try tinned strawberries, peaches, fruit cocktail or pears with any flavour jelly*

## Breakfast

*Try with a sprinkle of cinnamon*



## Ingredients

½ cup oats

½ cup milk

½ cup water

1 banana (chopped) or

1 handful frozen fruit

## Porridge with chopped banana or fruit

1 serving

## Method

1. Put the oats, water and milk in a non-stick saucepan. Heat and stir until boiling then lower the heat. Add the banana/frozen fruit and simmer gently, stirring occasionally for 5 minutes.
2. Alternatively, put all the ingredients in a microwave bowl and heat on full power for 2 minutes, stir and reheat for a further 2 minutes. Leave to stand for 1 minute, stir and serve.

## Lunch

*Try with pitta bread instead*

## Ingredients

2 slices wholemeal bread

1 small tin mackerel in brine

1 tablespoon cream cheese

1 tablespoon yoghurt

A squeeze of lemon

Black pepper and paprika to season

¼ cucumber cut into sticks

1 carrot peeled and cut into sticks

## Mackerel pate with toast soldiers

1 serving

## Method

1. Drain the mackerel and mash in a bowl with cream cheese, yoghurt, lemon juice and pepper.
2. Toast the bread then cut into sticks (soldiers).
3. Dip the toast, cucumber and carrot in the pate.

*You can use smoked mackerel as an alternative to tinned mackerel.*

## Dinner

### Ingredients

#### For the mince:

- 1 teaspoon oil
- Half of a 500g pack of lean minced beef (defrosted overnight in the fridge or in the microwave)
- 1 onion
- 1 clove garlic, chopped
- 1 teaspoon mixed herbs
- Salt and Pepper to season
- 250ml stock

#### For the potatoes:

- ½ tin new potatoes, sliced
- 1 teaspoon oil
- ¼ teaspoon chilli powder
- ¼ teaspoon paprika
- 1 carrot, peeled and sliced

## Dessert

### Ingredients

- 420g tin of peaches in natural juice, drained and sliced
- 1 tablespoon low fat spread
- 2 tablespoons plain flour
- 1 tablespoon sugar
- 2 tablespoons porridge oats

*Add a sprinkling of freshly grated nutmeg or ground cinnamon.*

## Mince and potatoes 1 serving

### Method

1. Pour 1 teaspoon of oil into a medium sized pan and brown the onion for 2-3 minutes. Add the garlic and beef and cook until the meat is brown. Drain off any excess oil.
2. Add the herbs, seasoning and stock. Continue to cook for 15 minutes or until the liquid has evaporated.
3. Meanwhile, heat oil in a frying pan on a high heat. Add the potatoes and seasoning. Stir to coat the potatoes. Reduce the heat, cover with a lid or tin foil and cook, stirring occasionally, for about 8 minutes or until the potatoes are crispy.
4. In a separate pan, boil the carrots for 7-8 minutes until slightly soft.
5. Serve half of the mince with the potatoes and carrots. Reserve the other half of the mince for tomorrow's meal.

*If you don't have sugar in your store cupboard, this recipe is fine without it*

## Quick fruit crumble 2 servings

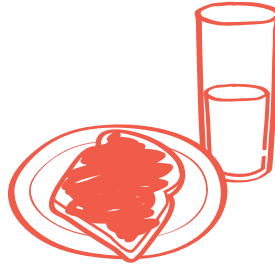
### Method

1. Preheat the oven to Gas Mark 5/190 C/fan oven 170 C
2. Tip the tinned fruit into a medium size-baking dish.
3. Rub together the spread, flour and sugar in a bowl until the mixture resembles fine breadcrumbs. Stir in the porridge oats.
4. Spoon this topping over the fruit.
5. Bake in the oven for 20 minutes until lightly browned.
6. Eat one portion and keep the rest for tomorrow night.

## Breakfast

### Ingredients

2 slices of toast  
 2 tablespoons peanut butter  
 1 Banana sliced  
 200ml glass of milk



*Instead of milk, make a smoothie: put a handful of fruit and half a banana in a blender, cover with milk and blend*

## Peanut butter on toast with banana and a glass of milk

1 serving

### Method

1. Spread peanut butter on the toast and top with sliced banana. Serve with a glass of milk.

## Lunch

### Ingredients

Left over soup  
 2 slices frozen bread,  
 2 tablespoon cream cheese,  
 pepper/paprika/lemon/chilli  
 powder to flavour

## Veg soup with toast and cream cheese

1 serving

### Method

1. Heat the soup either in the microwave for 2-3 minutes or in a pan over a medium heat with a lid on for 5-8 minutes.
2. Toast the bread.
3. Season the cream cheese with your chosen flavouring, mix together and spread on the toast.

## Dinner

### Ingredients

Left over mince

2 tablespoons tomato puree

4 tablespoons water

½ teaspoon paprika

2 handfuls (approx. 100g)  
pasta shapes

½ courgette thinly sliced



## Pasta bolognese *1 serving*

### Method

1. Heat the mince with the tomato puree and paprika in a pan. Add courgette. Add a few teaspoons of water to make a smooth sauce.
2. Meanwhile cook pasta according to the packet.
3. Drain and serve the pasta with Bolognese sauce on top.

## Dessert

## Left over quick fruit crumble

One week meal planner  
**For a family of 4**

Monday

Tuesday

Wednesday

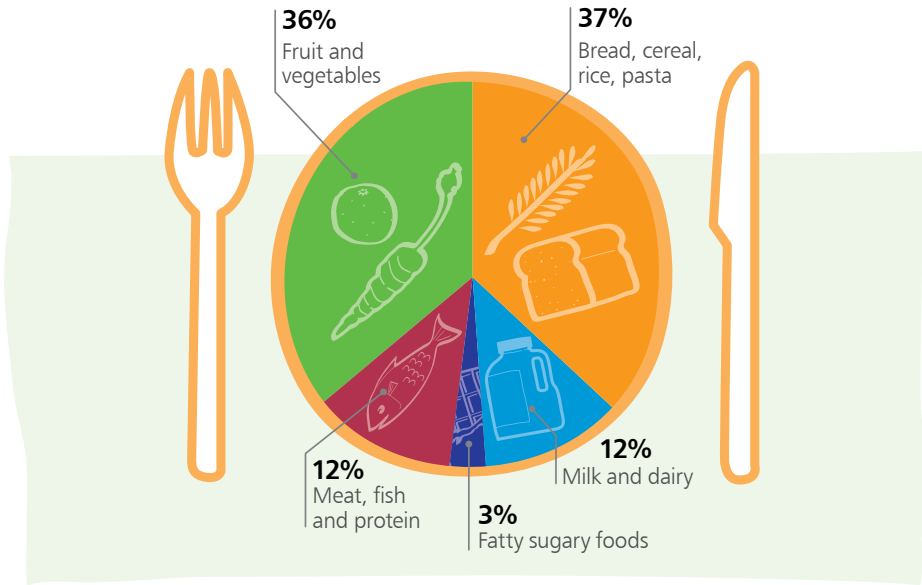
Thursday

Friday

Saturday

Sunday





### Store cupboard essentials:

- Chilli powder
- Cinnamon
- Curry paste / powder
- Dried mixed herbs
- Ground coriander
- Low fat mayonnaise
- Low fat spread
- Nutmeg
- Oil (sunflower / olive oil)
- Paprika
- Pepper
- Soy sauce
- Stock cubes
- Sugar
- Tomato puree
- Vanilla extract



Shopping list	Cost	Left overs
Apples x 8	1.80	
Bananas x 11	1.32	
Carrots x 13	1.17	
Cauliflower x 1	0.89	
Courgette x 1	0.31	
Cucumber half	0.40	
Garlic x 1	0.40	
Lemon x 1	0.60	
Lettuce x 1	0.90	
Parsnip x 1	0.22	
Peppers	2.00	
Potatoes x 2.5kg	2.60	
Red onions x 8	1.52	
Spring onions bunch	0.75	
Tomatoes x 12	2.00	
Frozen peas x 900g	0.89	340g
Frozen peppers x 500g	1.00	
Frozen mixed fruit x 500g	1.50	
Carrots tinned x 1	0.33	
Chopped tomatoes tinned x 2	0.68	
Mushrooms tinned x 1	0.41	
Sweet corn tinned x 325g	0.35	
Mandarin segments tinned x 1	0.65	
Peaches tinned x 1	0.32	
Raisins x 500g	1.54	430g
Wholemeal bread loaf x 2	0.94	2 slices
Wholemeal pitta breads 6 pack x 3	1.95	
Rice x 1kg	0.40	
Self-raising flour x 1.5kg	0.45	1385g
Noodles x 250g	1.29	
Oats x 1kg	0.75	325g
Milk x 6 pints	2.28	
Cheese x 500g	3.00	
Low fat natural yogurt 500g x 2	0.90	
Chicken breasts x 2	4.00	
Minced beef x 1kg	4.00	
Eggs x 6	1.20	
Baked beans tinned x 2	0.50	
Chickpeas (tinned) x 1	0.60	
Kidney beans tinned x 1	0.21	
Mackerel fillets (smoked) x 3	2.55	
Tuna tinned x 3	2.70	
Peanut butter	0.62	
Low fat custard	0.55	
Sugar free orange jelly	0.69	
<b>Total</b>	<b>£54.13</b>	

# Meal Planner

	Breakfast	Lunch	Dinner
<b>Monday</b>	Porridge with fruit	6 pitta pockets with cheese, carrot and lettuce  Yogurt with berries	Veg curry and Rice
<b>Tuesday</b>	Peanut butter on toast with banana and a glass of milk	Carrot soup with bread  Apple	Stir fry and noodles
<b>Wednesday</b>	Porridge with fruit	Cheese and tomato sandwich	Kedgerree mackerel  <b>Dessert:</b> Custard jelly
<b>Thursday</b>	Peanut butter on toast with banana and a glass of milk	Pitta pockets with tuna, cheese and salad  Apple	Multi mince – chilli con carne
<b>Friday</b>	Porridge with fruit	Cheese and tomato sandwich	Jacket potato with baked beans  <b>Dessert:</b> Sugar free jelly with fruit
<b>Saturday</b>	Porridge with chopped banana or fruit	Tuna rice salad	Pitta pizzas  <b>Dessert:</b> Bread and butter pudding
<b>Sunday</b>	Oaty pancakes	Veg soup with bread	Multi mince – cottage pie  <b>Dessert:</b> Quick fruit crumble

## Breakfast

If you want the fruit uncooked, defrost overnight

## Ingredients

150g (1½ teacups) oats

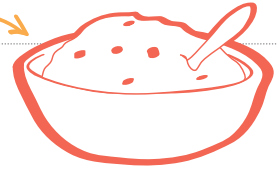
450ml (¾ pint) milk

450ml (¾ pint) water

100g frozen fruit

You can add any fruit to porridge. Dried or tinned fruit in juice is just as good for you and counts towards your 5 A DAY!

Try with a sprinkle of cinnamon



## Porridge with fruit

4 servings

## Method

1. Put the oats, water and milk in a non-stick saucepan. Heat and stir until boiling then lower the heat. Add the fruit and simmer gently, stirring occasionally for 5 minutes.
2. Alternatively, put all the ingredients in a microwave bowl and heat on full power for 2 minutes, stir and reheat for a further 2 minutes. Leave to stand for 1 minute, stir and serve.

## Lunch

You can use any vegetables you have left over, like tomatoes, peppers, sweetcorn

## Ingredients

6 wholemeal pitta breads

120g (4 matchbox size pieces) cheese, grated

2 carrots, grated

½ Lettuce

## Wholemeal pitta pockets with cheese and carrot

## Method

1. Warm 6 pitta bread in the toaster.
2. Cut the pittas in half and fill with cheese, carrot and lettuce.
3. Serve – 2 per adult / 1 per child.

Add tinned tuna, salmon, or some kidney beans

Try with tortillas or different types of bread

## Dinner

### Ingredients

400g potatoes, peeled and diced

2 large carrots, peeled and diced

250g cauliflower, broken into florets

1 onion, chopped

Low fat cooking spray / 1 teaspoon oil

2 tablespoons curry paste or 2 teaspoon curry powder

400g tin chopped tomatoes

150g low fat yoghurt

410g tin chickpeas, drained and rinsed

2 tablespoons freshly chopped coriander (optional)

*Most vegetables can be added to this recipe so you can swap for what you have left in your cupboard or freezer*



## Vegetable curry and rice

4 servings

### Method

1. Cook the potatoes and carrots in a large pan of boiling water for 5 minutes. Add the cauliflower and cook for 5 minutes more, then drain the vegetables.
2. Meanwhile, brown the onion in low fat cooking spray in a large pan, adding a splash of water if needed to stop it from sticking. Stir in the curry paste and cook for 1 minute, then add the tomatoes and yoghurt.
3. Mix the vegetables and chickpeas into the curry sauce and cook for 10 minutes. Serve topped with chopped coriander (optional).

*Check what's on offer: You could use chick peas or butter beans*

## Breakfast

## Ingredients

6 slices of toast

6 tablespoons peanut butter

4 bananas sliced


200ml glass of milk x 4

## Peanut butter on toast with chopped banana and a glass of milk

## Method

1. Spread peanut butter on the toast and top with sliced banana. 2 slices each for parents / 1 each for children.
2. Serve with a glass of milk.

*Instead of milk, make a smoothie: put a handful of fruit and half a banana in a blender, cover with milk and blend.*



## Lunch

## Ingredients

Low fat cooking spray /

1 teaspoon oil

1 onion, sliced

450g carrots, sliced

1 teaspoon ground coriander

1.2 litres / 2 pints vegetable stock

Freshly ground black pepper


Bread x 6 slices

## Carrot and coriander soup with bread

## Method

1. Heat the oil in a large pan and add the onions and the carrots. Cook for 3-4 minutes until starting to soften.
2. Stir in the ground coriander and season well. Cook for 1 minute.
3. Add the vegetable stock and bring to the boil. Simmer until the vegetables are tender.
4. Whizz with a hand blender or in a blender until smooth. Reheat in a clean pan and serve with a few slices of bread

*If you don't have dried coriander, just use dried mixed herbs or extra pepper to taste*



## Dinner

Try adding carrots next time

If you have a freezer you can buy frozen chicken which is usually much cheaper than fresh.



### Ingredients

Low fat cooking spray /

1 teaspoon oil

2 chicken breasts, sliced  
into strips

2 peppers, sliced

1 courgette, sliced

1 onion chopped

80g peas

4 tablespoons soy sauce

250g noodles

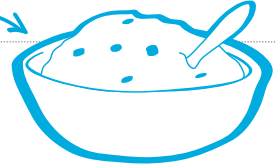
## Stir fry and noodles

### Method

1. Heat the vegetable oil in a wok or large frying pan.
2. Add the strips of chicken to the pan and cook for a few minutes until its white all the way through
3. Add all the vegetables and stir-fry over a high heat for 6-7 minutes, or until the vegetables are cooked, yet still crunchy.
4. Whilst the vegetables are cooking add the noodles to a pan of boiling water (just enough to cover the noodles) and cook according to the pack
5. Pour the soy sauce over the chicken and vegetables and serve with the noodles.

## Breakfast

*Try with a sprinkle of cinnamon*



## Porridge with fruit

### Ingredients

150g (1½ teacups) oats  
 450ml (¾ pint) milk  
 450ml (¾ pint) water  
 100g frozen fruit

### Method

1. Put the oats, water and milk in a non-stick saucepan. Heat and stir until boiling then lower the heat. Add the fruit and simmer gently, stirring occasionally for 5 minutes.
2. Alternatively, put all the ingredients in a microwave bowl and heat on full power for 2 minutes, stir and reheat for a further 2 minutes. Leave to stand for 1 minute, stir and serve.

## Lunch

*Why not try different types of cheese, soft cheese can be very cheap and comes with different flavours added.*



### Ingredients

8-9 slices of bread  
 4 teaspoons low fat spread  
 120g (4 matchbox size pieces) grated cheese  
 4 tomatoes sliced

## Cheese and tomato sandwich

### Method

1. Put the spread on the bread and top with grated cheese and tomatoes.

*The more vegetables the better, add any left over's you may have like lettuce, peppers or cucumber.*



*Freeze a batch ready to use for last minute dinners. It will keep for 1 month in the freezer*

## Dinner

### Ingredients

1 onion, chopped

Oil

2 mugs long grain rice (400g)

3 fillets smoked mackerel or haddock (roughly 3 palm-sized pieces)

3 handfuls of frozen peas or 1 tin of garden peas (100g)

3 eggs (optional)

Salt and pepper, plus a squeeze of lemon and ½ teaspoon curry powder (optional) to taste

## Kedgeree mackerel

### Method

1. Pour 1 teaspoon of oil into a medium sized pan and fry off the onion on a medium heat until golden brown (3-5 mins).
2. Meanwhile rinse the rice in a sieve until the water runs clear. If you don't have a sieve rinse repeatedly in a bowl using your hand to stop the rice falling out as you pour the starchy water away.
3. Break the fish into chunks and add to the pan along with the peas and rice. Pour over boiling water until it covers the rice by around 3.5cm (1.5 inches). Add seasoning and stir once.
4. Turn the heat up and bring to the boil. Then turn the heat down and simmer gently (small bubbles only) for 20 minutes with a lid on.
5. In a separate pan boil the eggs for 8-10 minutes until hard boiled. Shell them, chop them up and add to the pan for the last 5 minutes.
6. Check if the rice is cooked. It should have absorbed all the liquid but if not pour any excess away. Then serve.

## Dessert

### Ingredients

1 sachet sugar free jelly, any flavour

1 tin custard

## Custard jelly

### Method

1. Make up the jelly as directed on the pack but instead of using cold water, top up with custard.
2. Pour into small glasses, bowls or jelly moulds and transfer to the fridge to set.

*Add left over fruit, tinned peaches or mandarins work great with this recipe*

## Breakfast

### Ingredients

6 slices of toast

6 tablespoons peanut butter

4 Bananas sliced

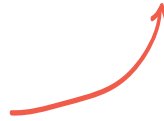
200ml glass of milk x 4

## Peanut butter on toast with banana and a glass of milk

### Method

1. Spread peanut butter on the toast and top with sliced banana. 2 slices each for parents / 1 each for children.
2. Serve with a glass of milk.

*Instead of milk, make a smoothie: put a handful of fruit and half a banana in a blender, cover with milk and blend*



## Lunch

### Ingredients

6 pitta breads

120g grated cheese

1 tin tuna in spring water

1/4 lettuce

1/4 cucumber

2 tomatoes sliced

## Pitta pockets with grated cheese, tuna and salad 4 servings

### Method

1. Put the pitta breads in the toaster for a few seconds.
2. Cut them in half and place the ingredients in the middle – sharing between the 6 pitta breads.
3. 2 for adults / 1 each for children.

Freeze a batch ready to use for last minute dinners. It will keep for 1 month.

Dinner

## Multi mince – Chilli con carne

Ingredients (enough for 2 meals for 4 people)

### Ingredients

To make the multi mince:

2 tablespoons olive oil  
1 teaspoon thyme  
1kg minced beef or turkey / Quorn if veggie  
2 onions, diced  
2 garlic cloves, finely chopped  
1 large carrot, finely chopped  
600ml beef stock / vegetable stock

This is a great base for Spaghetti Bolognese, Lasagne, Cottage pie, Chilli Con Carne

To make the chilli:

½ quantity of multi mince  
1 handful of frozen mixed peppers  
1 teaspoon chilli powder (mild or hot)  
1 teaspoon paprika  
1 tin chopped tomatoes  
2 tablespoons tomato puree  
410g tin red kidney beans  
200g rice  
½ tin mushrooms

### Method

1. Heat the oil in a non-stick frying pan. When hot, add the mince and fry for 10 minutes until brown, breaking up any lumps.
2. Spoon the mince onto a plate, and pour away the excess fat.
3. Add the onion, carrot and garlic to the pan and cook for 7 minutes until softened. Return the mince to the pan, then pour on the, stock and thyme.
4. Bring to the boil and simmer for 30 minutes until the mince is tender and the sauce has reduced down.
5. Split the mixture in half, put half to one side to make the chilli and put the other half in a container and freeze.

To use tip into a pan with a splash of water, heat gently until defrosted then bring to the boil and simmer for 15 mins or until piping hot.

### Method

1. Add the multi mince, tin of tomatoes, mushrooms, tomato puree, chopped peppers and spices into a pan. Give it a good stir.
2. Bring to the boil and simmer for 20 minutes, stirring occasionally to make sure the sauce does not catch on the bottom of the pan.
3. Whilst this is cooking, cook the rice. Rinse the rice in a sieve, then tip into a saucepan with double the amount of water and a little salt and stir once.
4. Bring to the boil, then turn the heat all the way down and cook on the lowest possible heat for 10-15 mins, cover the pan tightly with a lid.
5. Use a fork to fluff up the cooked rice.
6. Drain and rinse the beans in a sieve and stir them into the chilli pot. Bring to the boil again and bubble for another 10 minutes, adding more water if it looks too dry.

## Breakfast

*If you want the fruit uncooked, defrost overnight*

### Ingredients

150g (1 ½ tea cup) oats

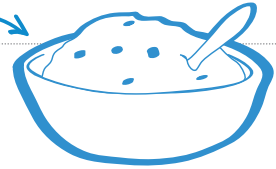
450ml (¾ pint) milk

450ml (¾ pint) water

100g frozen fruit

*You can add any fruit to porridge. Dried or tinned fruit in juice is just as good for you and counts towards your 5 A DAY!*

*Try with a sprinkle of cinnamon*



## Porridge with fruit

4 servings

### Method

1. Put the oats, water and milk in a non-stick saucepan. Heat and stir until boiling then lower the heat. Add the fruit and simmer gently, stirring occasionally for 5 minutes.
2. Alternatively, put all the ingredients in a microwave bowl and heat on full power for 2 minutes, stir and reheat for a further 2 minutes. Leave to stand for 1 minute, stir and serve.

## Lunch

### Ingredients

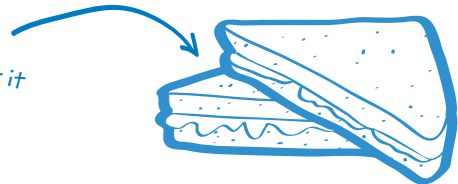
8-9 slices of bread

4 teaspoons low fat spread

120g (4 matchbox size pieces) grated cheese

4 tomatoes sliced

*Grating cheese makes it go further than slicing*



## Cheese and tomato sandwich

Makes 4 ½ sandwiches

### Method

1. Put the spread on the bread and top with grated cheese and tomatoes.

## Dinner

### Ingredients

4 jacket potatoes

2 tins of baked beans

*You can reduce the cooking time (and thus the cost of the fuel to heat the oven) in two ways:*

*(a) If you push a metal skewer through each potato it helps to conduct the heat to the middle of the potato and cuts the cooking time to about 3/4 hour.*

## Jacket Potato with baked beans

### Method

1. Choose large, even sized potatoes with as few blemishes as possible. One potato per person. Scrub the potatoes under the tap and then dry them well. Prick all over with a fork.
2. Pre-heat the oven to 200 C (gas 6). Put the prepared potatoes into the oven directly onto the shelf and cook for about one and a half hours. If the potatoes are done they will 'give' slightly when you squeeze them.
3. Put the beans in a pan and heat on the hob for 5 mins.

*(b) If you cook the potatoes for 2 or 3 minutes (each) on high in the microwave before you put them in the oven this will reduce the cooking time to about 1/2 hour.*

*You can also cook jacket potatoes entirely in the microwave, which takes about 6 minutes. This is very quick but will not give a nice crispy skin like the oven does!*

## Dessert

### Ingredients

1 tin mandarin segments

1 sachet of orange sugar free jelly

*You can use any variety of fruit and jelly mix! Try tinned strawberries, peaches, fruit cocktail or pears with any flavour jelly.*

## Orange sugar free jelly with mandarin segments

### Method

1. Tip mandarins into a large bowl or 4 individual bowl.
2. Make up 1 sachet of jelly according to instructions on pack.
3. Pour jelly on top of the fruit and put in the fridge to set.

Try with a sprinkle of cinnamon



## Breakfast

# Porridge with chopped banana

### Ingredients

150g (1½ teacups) oats

450ml (¾ pint) milk

450ml (¾ pint) water

4 bananas sliced

### Method

1. Put the oats, water and milk in a non-stick saucepan. Heat and stir until boiling then lower the heat and simmer gently, stirring occasionally for 5 minutes.
2. Spoon the porridge into 4 bowls and top with banana.
3. Alternatively, put all the ingredients in a microwave bowl and heat on full power for 2 minutes, stir and reheat for a further 2 minutes. Leave to stand for 1 minute, stir and serve.

## Lunch

# Tuna, rice salad

### Ingredients

450g cooked rice

200g tinned tuna in springwater

1 small tin sweetcorn

100g frozen peas

1 red pepper chopped into pieces

2 tomatoes

3 spring onions

2 tablespoon low fat mayonnaise

Juice of ½ a lemon

1 tablespoon olive oil

1 teaspoon dried herbs (e.g parsley)

### Method

1. Wash and rinse the rice really well, until the water is clear. Drain. Place in a saucepan with double the amount of water and a little salt and stir once. Bring to the boil, then turn the heat all the way down and cover the pan tightly with a lid. Cook on the lowest heat possible for 10-15 mins without uncovering the pan.
2. Run the rice under cold water to cool while you chop the vegetables into small chunks
3. Flake the tuna into the cooled rice, then mix in the sweetcorn, peas and chopped vegetables.
4. Stir in the mayonnaise, lemon juice and olive oil and season to taste with black pepper. Cover the bowl with cling film or place in a large plastic container and leave it in the fridge until you are ready to eat!

*This recipe is great for packed lunches and can be kept in the fridge for up to 3 days*

*You can add any left over vegetables to this pitta pizza, try courgette, tomatoes, mushrooms, spinach or pineapple!*

## Dinner

### Ingredients

6 pitta breads  
6 tablespoons tomato puree  
100g (3 matchbox size pieces) cheese, grated  
Peppers (frozen or fresh)  
Tinned tuna  
Sweetcorn  
Onion, chopped / spring onion  
1 teaspoon dried herbs (optional)

*You don't have to use tuna, you can use other protein foods such as cooked chicken, sausage or ham*

## Pitta pizzas

### Method

1. Spread the pitta bread with tomato puree (or chopped tomatoes).
2. Add the toppings of your choice.
3. Sprinkle with herbs if using and top with grated cheese.
4. Grill until cheese is melted and golden brown.

*If you have any extra pitta breads, make up a few more and have them cold for tomorrow's lunch*

## Dessert

### Ingredients

6 slices of bread  
Soft butter / spread  
500ml milk  
70g sugar  
70g raisins  
2 eggs, slightly beaten  
1 teaspoon vanilla extract (optional)  
1 teaspoon cinnamon

## Bread and butter pudding

### Method

1. Pre-heat oven to 170°C: 325°F: Gas 3.
2. Butter a large oven-proof baking dish.
3. Spread the butter on one side of each slice of bread.
4. Line bottom and sides of the dish with buttered bread.
5. Mix the milk, eggs, sugar and raisins, vanilla, cinnamon and pour over bread.
6. Place a few extra pieces of buttered bread on top, press down to submerge.
7. Allow to stand for at least 30 minutes.
8. Cook until the top becomes a deep-golden, about 25-40 mins.

**Breakfast****Ingredients**

25g (3 tablespoon) oats  
 100g wholemeal self-raising flour  
 1 large egg  
 150ml skimmed milk/soya milk  
 1 tablespoon sugar  
 1 tablespoon mild olive oil or rapeseed oil  
 50g frozen berries  
 2 bananas  
 Peanut butter

**Oaty pancakes****Method**

1. Place all the pancake ingredients except the oil and fruit, in a medium-sized bowl and whisk for 1 minute with an electric mixer. Cover and leave to stand for 10 minutes.
2. Heat the oil in a medium-sized non-stick frying pan. Once the oil is hot, pour the excess oil into a small heatproof dish. Drop tablespoonfuls of batter into the base of the frying pan to produce 3–4 pancakes, cooking at the same time. Do not allow them to touch.
3. When bubbles appear, turn the pancakes over and cook for a further minute or so until golden brown. Remove the pancakes from the pan and allow to cool on a wire rack.
4. Repeat the process until all the batter is used.
5. Place the berries in a microwavable dish and cover – place them in the microwave for 1 minute on a high temperature.
6. Pour over hot berries and add chopped banana or spread thinly with peanut butter and top with slices of banana.

**Lunch****Ingredients**

2 pints vegetable stock  
 2 large potatoes, peeled and chopped  
 2 carrots, chopped  
 100g frozen peppers  
 2 onions  
 80g frozen peas  
 Black pepper

**Veg soup with bread****Method**

1. Place the diced vegetables, potato and seasoning in a saucepan and add the vegetable stock.
2. Bring to the boil and then simmer for 30 minutes.
3. For a smoother soup, liquidise or use a hand blender.
4. Garnish with chopped herbs.
5. Serve with slices of wholemeal bread.



## Dinner

### Ingredients

½ tin chopped mushrooms

½ quantity of multi mince

½ teaspoon dried herbs

1 tablespoon plain flour

700g potatoes, quartered

1 parsnip, chopped

75ml milk

1 teaspoon olive oil

200g frozen peas

1 tin sliced carrots

## Multi mince - Cottage pie

### Method

1. If multi mince is frozen, put into a pan with a splash of water, heat gently until defrosted then bring to the boil and simmer for 15 mins or until piping hot.
2. Preheat the oven to 220C / fan 200C / gas 7.
3. Tip the oil and mushrooms in a pan and fry for 5 mins, until browned. Mix in the flour, stir for 30 seconds.
4. Add the multi mince and dried herbs and cook until heated through and the sauce is thickened. Tip into medium sized ovenproof dish.
5. Cook the potatoes and parsnip in a pan of boiling water for 15 minutes until soft. Drain and mash with the milk. Spoon mashed potato over the mince and fluff up with a fork. Cook in the oven for 15 minutes until bubbling and golden.
6. Cook carrots and peas according to instructions and serve.

## Dessert

### Ingredients

420g tin of peaches in natural juice, drained

1 large ripe banana, sliced thinly

50g low fat spread

100g plain white flour

1 tablespoon light soft brown sugar

2 tablespoons porridge oats

Freshly grated nutmeg (optional)

Low fat natural yogurt

## Quick fruit crumble

1. Preheat the oven to Gas Mark 5/190 C/fan oven 170 C
2. Tip the tinned fruit and banana into a medium size-baking dish - chop the fruit if necessary and mix.
3. Place the low fat spread, flour and sugar in a bowl and rub with fingers until the mixture resembles fine breadcrumbs. Stir in the porridge oats. Spoon this topping over the fruit and sprinkle nutmeg over.
4. Place the dish on a baking tray and bake in the oven for 20 minutes until the topping is lightly browned.
5. Serve with a spoonful of low fat natural yogurt

# Additional recipes

*From community groups*

Recipe from Truro Food Bank

Ingredients

- 1 medium onion,  
chopped finely
- 100g (approx.)  
mushrooms, washed  
and sliced
- 1 tablespoon cooking oil
- 4 medium potatoes,  
peeled and cut into even  
pieces
- 1 chicken breast
- 1 tin sweetcorn (or more  
if liked)
- ½ dessertspoon  
cornflour
- ½ chicken stock cube
- 125 ml milk plus extra  
for mashed potato
- Salt and pepper
- Margarine/spread  
(optional)

## Chicken and vegetable pie

2 servings

Method

1. Brown the onion with oil in a pan then add mushrooms and cook gently until soft.
2. Add the chicken to this pan and cook over a moderate heat until white all through. Add the sweetcorn.
3. Meanwhile put potatoes in another pan and cover with cold water. Bring to the boil, simmer and cook until soft.
4. In a small jug or cup mix the cornflour and half stock cube with the milk until smooth. Taste and add salt and pepper if needed. Pour into chicken and veg mix and cook gently, stirring until it thickens.
5. Transfer chicken and veg into pie dish.
6. When the potatoes are cooked, drain and mash with seasoning and a knob of spread and/or a little milk if liked.
7. Spread the mashed potato over the chicken and veg mix and put into moderate oven (gas 5, 190 C) for half an hour until browned (or you could finish the dish under a hot grill if preferred).

## Recipe from Truro Food Bank

# Bacon and bean pasta bake

### Ingredients

180g pasta shapes

1 onion

1 clove garlic (optional)

Cooking oil

2 rashers of bacon

½ - 1 tin tomatoes

1 tin kidney or other  
beans (not baked beans)

Tomato puree

Herbs, salt, pepper

30g hard cheese  
(cheddar or similar)

### Method

1. Chop onion and garlic quite finely. Cook gently in 1 teaspoon of oil to soften.
2. Cut bacon into small pieces and add to pan. Cook until bacon is cooked through.
3. Add tinned tomatoes and drained tinned beans. Season with herbs and salt and pepper, bring to boil and simmer for about 10 minutes. If it is still quite runny add a tablespoon of tomato puree to thicken it.
4. Meanwhile cook pasta according to instructions on packet. Drain well and mix into tomato sauce.
5. Pour into cooking dish and sprinkle with grated cheese. Cook at 180 deg C for about 20mins until browned and bubbling.

## Ingredients

Makes 12

200g self-raising flour –  
wholemeal or white or mix  
of both

75g oats

1 ½ teaspoon baking  
powder

50g sugar (soft dark sugar  
is best)

225ml milk

60ml/4 tablespoon  
sunflower oil

1 teaspoon vanilla flavouring

1 medium egg

2 bananas, mashed

Recipe from Food Fit for Families group

## Banana and oat muffins

### Method

1. Preheat the oven to 220C/gas mark 7.
2. Sieve flour and baking powder into a bowl.
3. Add oats and sugar. Stir.
4. Mix together milk, oil, vanilla and eggs in a separate bowl then add to the dry ingredients.
5. Add mashed banana and mix gently.
6. Spoon into muffin cases in a muffin tray and bake for 20-25 minutes.
7. Cool on a wire rack and enjoy!

Recipe from Food Fit for Families group

## Courgette and cheese picnic bites

### Ingredients

3 courgettes (diced small)

2 cloves of garlic (crushed or  
chopped finely)

100g fresh breadcrumbs

50g cheddar (grated)

50g mozzarella (diced small)

Salt and pepper to season

### Method

1. Pre-heat the oven to 150C/ gas mark 2.
2. Fry courgette and garlic in a teaspoon of oil until lightly coloured. Transfer to a bowl.
3. Add all the other ingredients to the bowl and mix.
4. Form bite size balls and put on a baking tray lined with baking parchment.
5. Bake for 10 minutes and cool on a wire rack.

### Ingredients

#### Serves 2

4 handfuls (200g) of small  
pasta shapes  
2 handfuls broccoli florets  
1 teaspoon oil  
1 small leek finely  
chopped  
140g Salmon fillet, diced  
4 tablespoon garlic and  
herb cream cheese  
2-3 tablespoon milk

### Ingredients

2 grated medium sized  
courgettes  
2 eggs, beaten  
1 diced onion  
50g grated cheese  
½ cup plain flour  
¼ cup oil

## Recipe from Food Fit for Families group

# Creamy salmon and broccoli pasta *2 servings*

### Method

1. Cook the pasta until tender then drain.
2. Whilst this is cooking, steam the broccoli for 8-10 minutes until soft but firm.
3. At the same time, prepare the sauce. Heat the oil in a pan, then add the leek and cook for 7 minutes until softened.
4. Add the salmon to the sauce and cook for a further 5 minutes or until cooked and opaque. Stir in the cream cheese and milk and heat through.
5. Combine the sauce with the pasta and broccoli and serve.

## Recipe from Food Fit for Families group

# Courgette flan

### Method

1. Preheat the oven to 180C/Gas mark 4
2. Mix all the ingredients together and pour into a flan dish.
3. Bake for 35 minutes or until a knife comes out clean.
4. Serve with a crisp green salad and chunky bread.

Recipe from Truro Food Bank

### Ingredients

- .....  
½ hard white cabbage
- .....  
2 large carrots
- .....  
½ red onion (optional)
- .....  
½ a small pot low fat plain yogurt
- .....  
1 lemon (or juice from a bottle)
- .....  
¼ to ½ small jar reduced fat mayonnaise
- .....  
A few raisins or sultanas or 1 eating apple
- .....  
Salt and pepper
- .....

## Coleslaw with low fat dressing *4 servings*

### Method

1. Make the dressing first. Squeeze the juice out of the lemon and put in the bottom of a large bowl. Make sure you don't add any pips!
2. Add the yogurt and the mayonnaise and mix well. Taste and add salt and/or pepper if liked (but you probably won't need either).
3. Now cut any dirty leaves off the outside of the cabbage, then cut out the hard 'core' of the cabbage and cut the half into two. Then, using a very sharp knife shred (slice) the cabbage as fine as you can, putting the shredded cabbage into the bowl with the dressing as you work. Peel the onion if using, slice very finely and add to the bowl. Next wash and peel the carrots and then grate them into the bowl as well. If you are using the apple grate that and add it now (no need to peel but remove the core), stirring it in quickly to stop it turning brown. Add the raisins or sultanas if using. Check seasoning and serve.

### Ingredients

1 tablespoon  
polyunsaturated  
margarine  
.....  
1 onion, chopped finely  
.....  
2 leeks, chopped finely  
.....  
2 potatoes, peeled and  
chopped  
.....  
3 tablespoons fresh  
parsley chopped  
.....  
1 litre vegetable stock  
.....  
300ml (1/2 pint)  
skimmed milk  
.....  
Fresh black pepper  
.....

### Ingredients

1 onion, chopped  
.....  
1 teaspoon oil  
.....  
1-2 cloves garlic, crushed  
or chopped finely  
.....  
2 tins tuna, drained  
.....  
1 tin chopped tomatoes  
.....  
Mixed dried herbs  
.....  
Red or green pepper,  
chopped (optional)  
.....  
400g (roughly 7-8  
handfuls) dried pasta  
.....

## Recipe from Food Fit for Families group

### Leek and Potato Soup

*4 servings*

#### Method

1. Melt the margarine in a large saucepan and gently sauté the onion and leeks until soft, about 10 minutes.
2. Add the potatoes, parsley and hot stock and bring to the boil. Cover and reduce the heat. Simmer gently for about 20 minutes, or until the vegetables are tender and the potatoes are beginning to break down.
3. Add the milk to the saucepan and reheat gently. Season to taste with black pepper.

## Recipe from Camborne, Pool and Redruth Food Bank

### Tuna and tomato pasta

*4 servings*

#### Method

1. Fry onions in the oil until golden.
2. Add the chopped pepper and garlic and cook until soft.
3. Stir in the tuna, tomatoes, herbs and black pepper to season and simmer for 20-30 minutes.
4. Meanwhile cook the pasta according to the packet and serve together.



## Recipe from Camborne, Pool and Redruth Food Bank

### Ingredients

1 teaspoon oil  
.....  
4 chicken portions,  
skin removed  
.....  
1 onion, chopped  
.....  
2 carrots, peeled  
and chopped  
.....  
4 potatoes, peeled  
and quartered  
.....  
450ml vegetable stock  
.....  
2 teaspoon mixed herbs  
(or fresh herbs) chopped  
.....

### Chicken hot pot *4 servings*

#### Method

1. Preheat the oven to 180C/ Gas mark 4.
2. Heat the oil and cook the chicken pieces over a high heat for a few minutes, turning to get all sides golden.
3. Remove the chicken and place into a large oven proof dish.
4. Add the rest of the ingredients to the oven proof dish and put into the oven for 1hr 15 minutes (times may differ depending on the oven, so check the chicken is cooked through before serving).
5. Serve with carrots and peas

### Ingredients

Low fat cooking spray  
1 red onion, sliced thinly  
2 garlic cloves, crushed  
2 celery sticks, chopped  
1 teaspoon cumin seed  
400g tin cherry tomatoes  
400g tin green lentils, drained  
400g tin chickpeas, drained  
1 vegetable stock cube  
150ml boiling water  
150g young leaf spinach  
1 tablespoon freshly chopped parsley

Recipe from Health Promotion Service

## Lentil and chickpea casserole

*4 servings*

### Method

1. Lightly coat a large lidded non-stick saucepan with low fat cooking spray. Heat until hot. Add the onion and fry for 3 minutes.
2. Add the garlic, celery and cumin and continue cooking in the onions juices for 3 minutes to soften the vegetables.
3. Add the tomatoes, lentils and chickpeas with the stock cube and water. Bring to the boil, cover and simmer for 10 minutes.
4. Stir in the spinach and cook for a further 2 - 3 minutes until the spinach has wilted. Serve hot with a sprinkle of parsley on top

Recipe from Health Promotion Service

## Turkey burgers *4 servings*

### Ingredients

Burger buns, wholemeal  
or granary rolls  
500g extra lean turkey  
mince  
1 carrot, grated  
1 large onion, finely  
chopped  
2 medium eggs  
50ml reduced sugar  
tomato ketchup  
175g fresh breadcrumbs  
Black pepper

### Method

1. Combine turkey mince, grated carrot, onion and breadcrumbs.
2. Season with freshly milled black pepper.
3. Beat eggs with tomato ketchup, add to mince mixture and mix thoroughly.
4. Divide mixture into 10 and mould into flat burger shapes either by hand (lightly flour the hands first) or by using a burger press.
5. Grill under a medium heat for approximately 15 minutes, turning occasionally until cooked through.
6. Place the burger in a roll and serve with a side salad.

Recipe from Prosenjit Sanjay Kumar, Chef and Founder of School of Cornish Sardines

### Ingredients

200g easy to cook rice  
(11.3p/100g)

100g red lentils  
(15p/100g)

1 tin chopped tomatoes  
(7.8p/100g) serves 4

30ml vegetable oil  
(10p/100ml)

1 red onion (30p/each)

2 teaspoon ginger root  
(21p/100g)

1 teaspoon turmeric  
powder (49.8p/100g)

1 teaspoon salt  
(3.9p/100g)

½ teaspoon ground  
cumin (2.21p/100g)

½ teaspoon ground  
coriander (2.64p/100g)

10 wild garlic leaves  
thinly sliced (free)

1 tin Cornish sardines  
(45.8p/100g)

100g mixed seafood  
(92.9p/100g)

500ml water

## Cornish wild garlic and sardine pilaf

Here is a traditional Indian recipe with a Cornish twist that inspires us to usher in change by making smart, economic and frugal food choices.

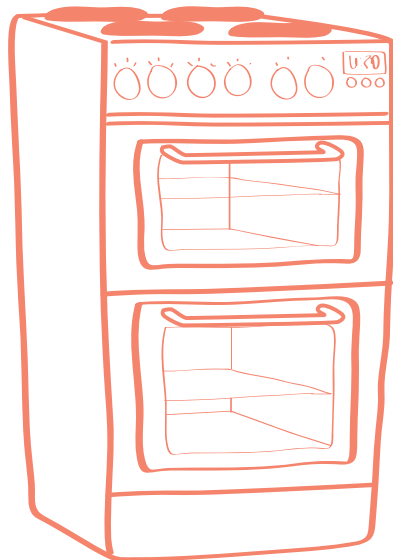
1. Heat the vegetable oil in a large saucepan over a medium heat. Slice the red onion, and cook for 5 minutes.
2. Add the sliced ginger and cook for 30 seconds. Add the cumin, coriander, turmeric powder and tomatoes, stirring constantly for about 30 seconds.
3. Add the red lentils and rice, along with the water and cook for 20 minutes (and all the liquid is absorbed).
4. Once cooked, fold in the shredded wild garlic leaves and the mixed seafood. Taste and adjust the seasonings. Serve the pilaf hot, topped with tinned sardines and boiled eggs.

## 10 action points for health

1. Eat a wide variety of foods
2. Increase your intake of bread, cereals and potatoes
3. Increase your intake of fruit and vegetables
4. Increase your intake of fish
5. Reduce your intake of fatty and sugary foods
6. Reduce your intake of salt
7. Watch your weight
8. Exercise regularly
9. Drink alcohol moderately
10. Don't smoke

## Metric / Imperial weight conversion

Imperial	Metric
1oz	25g
2oz	50g
3oz	75g
4oz	100g
5oz	125g
6oz	150g



## Oven temperatures

Celsius	Fahrenheit	Gas Mark
180 C	350 f	Gas Mark 4
190 C	375 f	Gas Mark 5
200 C	400 f	Gas Mark 6
230 C	450 f	Gas Mark 8

## Family health tips

1. Getting off to a 'Healthy Start' - are you expecting a baby or do you have children under 4? **You may be eligible for extra money to spend on healthy foods and also free vitamins.** You can ask any Midwife or Health Visitor about the 'Healthy Start' scheme or pick up a form at the Food Bank.
2. **Remember - the best food for babies is breast milk - free, safe and convenient.** Most babies don't need anything other than mum's milk for the first six months and continuing to breast feed after this is good for the health of mum and baby. Solid foods should be introduced when baby is around six months old - ask your Health Visitor for advice.
3. **Kids should enjoy 60 minutes of activity on top of their school day.** It's more fun if you make activity something the whole family can do together, and kids are more likely to join in if they see mum or dad doing it too.
3. **To help children have healthy teeth and a healthy weight** try switching from sugary drinks to water, semi-skimmed or skimmed milk or to diluted fresh fruit juice. Switch from snacks like sweets and biscuits to fresh, dried or tinned fruit (in juice), breadsticks or unsalted nuts. Instead of sugary cereals try reduced sugar cereals, fruit or toast.
4. **Try to have three regular meals a day,** this will help you from feeling hungry between meals and stop you from having too many snacks. Eat as a family whenever you can. When we see people eating lots of healthy foods we tend to follow suit. Make sure you have breakfast. It gives you a kick start to the day.
5. **Me sized Meals** - Remember that children are smaller than adults and have smaller stomachs, therefore they need less food. It is also healthier to give smaller portions and then let children ask for more if they are still hungry. Be careful of packet sizes. Lots of foods and drinks, like tins and bottles of fizzy drinks are designed for adults or for sharing. Try using a smaller plate so that it looks nice and full when your dinner is on it.
6. **Try and swap one unhealthy snack for one healthy snack every day.** Aim for 5 portions of fruit and veg a day; tinned and frozen can be just as good as fresh. Cut down on snack foods as they are often jam-packed with fat. Try and keep foods like crisps, buns, cakes, pastries and biscuits as occasional treats. Grilling, baking or poaching food rather than frying it can reduce the fat content by as much as two-thirds.
7. Get up and about. **Walking is free and good for your physical and mental health.** Aim to have less time on the sofa.

## Tips for older people

Whatever your age it is still important to get the right balance of a variety of foods. Check out the **Eatwell Plate** for further information on how to get the balance right.

*As you get older try to:*

Eat plenty of foods containing starch and fibre to help prevent constipation and digestive problems, these include wholegrain or brown types of starchy foods such as bread, rice, pasta and breakfast cereals. Other good sources of fibre are potatoes, oats, beans, peas, lentils, fruit and vegetables.

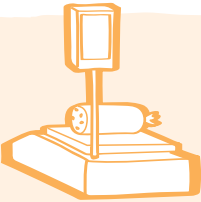
Eat calcium rich foods to help you avoid osteoporosis. Good sources include dairy products such as milk, cheese and yoghurt. Calcium is also found in tinned fish with bones such as sardines, green leafy vegetables such as broccoli and cabbage (but not spinach), soya beans and tofu.

If you don't eat as much as you used to, eat smaller meals more often and supplement them with nutritious snacks, such as full cream dairy foods like yoghurt and cheese.

Eat regularly, at least three times a day. If you don't feel like cooking from scratch, have a tinned, chilled or frozen ready-prepared meal instead. It's a good idea to have a store of foods in the freezer and cupboard in case you cannot go out.



# Money saving tips



It is often cheaper to **buy at the deli counter** than to buy pre-packed food.

**Shop at the end of the day** – the food may be reduced in price.



If you don't use all your fresh vegetables either **make soup, fruit smoothies or freeze for future use.**



**Buy in bulk or shop with a friend** and take advantage of buy one get one free offers.



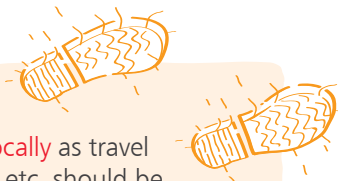
**Use quality meat** and bulk it up with pulses or pasta.



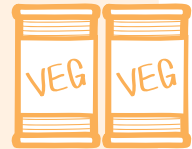
**Buying seasonal fruit and vegetables** is likely to be cheaper.



**Buy locally** as travel costs, etc. should be taken into account.



**Using tinned and frozen fruit and vegetables** can cut down on waste.



**Look out for special offers.**



**Buy own brand products** where possible – often the nutritional content of supermarket own brand is identical to named brands.





## Handy hints

**Pasta** is quick to cook and if you do too much you can turn it into a salad and eat it cold.

Keep a supply of **tinned vegetables** in the cupboard such as peas and sweetcorn which are a good source of fibre. Tinned fruit in natural juice is useful too as a tasty and low fat dessert.

**Add vegetables** such as potatoes, carrots, onions, peas and pulses to soups and casseroles which add extra flavour, vitamins and fibre, makes food go further and adds to your 5 A DAY (not including potatoes).

**Dry fry** without additional fat and skim off any fat that comes to the surface of casseroles and stews.

Always **store vegetables** in a cool dry place. Cook vegetables in a small amount of water with the lid on the pan for minimum cooking time or steam. This saves the vitamins and your fuel bill.

Don't pour oil straight into the pan. Measure it out on a spoon to avoid using too much or use an oil spray.

Try **stir frying** as it's quick and economical.

When **using the oven** make sure it is full to make the most of the heat. You can always use jacket potatoes for a meal the next day!

Never **shop** when you are hungry. Plan your meals for the week, before you go shopping. Make a shopping list and stick to it.

Remember that **frozen and tinned fruit and vegetables** are often cheaper, easier to store and are still full of nutrients.

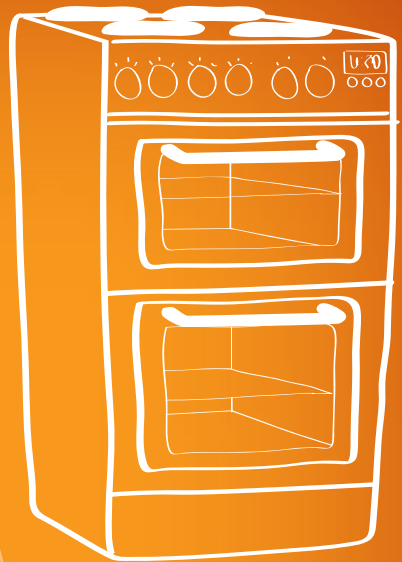
# Glossary

- Boil** Water or other liquid should be bubbling vigorously.
- Drain** To pour off the cooking water from vegetables, pasta etc.
- Fry** To cook in hot fat. To cook in a small amount of fat is called shallow frying. To cook in a deep pan of fat is called deep fat frying. Dry frying uses very little or no fat to cook food in order to cut down on the amount of fat in the finished dish.
- A pinch** A very small amount that can be picked up between finger and thumb.
- Rub in** To mix butter or margarine into flour using the fingertips until the mixture looks like fine breadcrumbs.
- Season** To add salt (sparingly), pepper, herbs etc. to a recipe to improve the finished flavour.
- Shred** To cut into very thin strips e.g. cabbage.
- Sift** To put ingredients through a sieve, e.g. flour.
- Simmer** To keep liquid just at boiling point so that small bubbles can be seen.
- Stir fry** To cook small pieces of food in a wok or frying pan over a high heat, using very little fat. The food is constantly stirred to make sure it cooks evenly.
- Whisk** To use a balloon, rotary or electric whisk to beat egg whites, cream, etc. until the mixture forms peaks when the whisk is removed.
- Zest** To finely grate a citrus fruit e.g. lemon, removing just the coloured part of the skin and not the bitter white inner part.



# Your recipes

*We've included this pocket for you to store your favourite recipes*



Supported by Cornwall Community Foundation.



This booklet has been produced by the Health Promotion Service with contributions from Truro Food Bank, Camborne Pool & Redruth Food Bank, Inclusion Cornwall and Cornwall Council Adult Education Family Learning.

For more details contact: 01209 313419.

[www.cornwallhealthyweight.org.uk/healthy-eating/eat-well-spend-less-meal-planner](http://www.cornwallhealthyweight.org.uk/healthy-eating/eat-well-spend-less-meal-planner)



Printed on 100% recycled post consumer waste.  
Public health (February 2014)

