

WEEK 1




BUDGET MEAL PLAN



This week's meals at a glance

Welcome to your week of delicious, low carb vegan recipes that are suitable for the whole family. Easy to follow, easy to cook and suitable for any budget.

ICON KEY

 Servings  Prep Time  Cooking Time

Breakfast

Lunch

Dinner

Day 1



06 Low Carb Blueberry Yoghurt Bowl (v)



07 Broccoli & Cheddar Soup (v)



08 Low Carb Thai Chicken Satay

Day 2



09 Cheesy Breakfast Muffins (v)



10 Leftover Low Carb Thai Chicken Satay



11 Low Carb Steak & Mushroom Pie

Day 3



12 Low Carb Blueberry Yoghurt Bowl (v)



13 Leftover Low Carb Thai Chicken Satay



14 Leftover Low Carb Steak & Mushroom Pie

Breakfast

Lunch

Dinner

Day 4



13g



7g



10g

15 Low Carb Blueberry Yoghurt Bowl (v)

16 Leftover Broccoli & Cheddar Soup (v)

17 Creamy Chicken Stew

Day 5



0g



10g



8g

18 Leftover Cheesy Breakfast Muffins (v)

19 Leftover Creamy Chicken Stew

20 Spicy Fathead Pizza (v)

Day 6



0g



10g



8g

21 Leftover Cheesy Breakfast Muffins (v)

22 Leftover Creamy Chicken Stew

23 Leftover Spicy Fathead Pizza (v)

Day 7



16g



8g



14g

24 Low Carb Blueberry Breakfast Smoothie (v)

25 Leftover Spicy Fathead Pizza (v)

26 Leftover Low Carb Steak & Mushroom Pie

Staple Cupboard Items

We have put together a list of staple items (many of which you may already have in your cupboard) which you will need to keep on hand for our budget meal plans:



Olive Oil



Turmeric



Ground Oregano



Smoked Paprika



Ground Cumin



Curry Powder



Crushed Chillies



Salt



Pepper



Stock Cubes



Baking Powder

TOP TIPS

- At the end of the week you may find you have a small amount of leftover ingredients, feel free to use any leftovers as a snack during the week if you'd like to. For example, a leftover egg and cheddar cheese from this week would make a quick and easy mid-morning snack.
- To keep the cost down, choose a plain Greek Style Yoghurt rather than the more expensive Greek version.
- The advantage of buying frozen fruit is that it keeps much longer than fresh fruit. It also often costs less, so save any leftover frozen blueberries for another week, or to have as a snack.
- If you have any leftover fresh herbs, either keep them for another week or freeze them. To freeze fresh herbs, chop them up and place into a freezer bag or plastic box and place in the freezer. Frozen chopped herbs are ideal for adding to stews or sauces for flavour.

Week 1 Shopping List

Please note, the weekly shopping list is based on the amounts of ingredients used in the weekly recipes and can be purchased in quantities to suit your individual needs e.g. in bulk or frozen. Please feel free to use leftover ingredients for the following week if necessary.

Dairy

11 Large Eggs	£1.89
500g Greek Yoghurt	£0.90
300ml Double Cream	£1.05
350g Cheddar Cheese	£2.30
180g Soft Cheese	£0.55
250g Grated Mozzarella Cheese	£1.90

Meat

600g Chicken Thigh Fillets	£2.59
400g Diced Beef	£3.30

From the Freezer

200g Frozen Blueberries	£2.00
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Vegetables

5 Garlic Cloves	£0.16
2 Medium Red Onions	£0.42
2 Medium Red Chillies	£0.65
60g Rocket	£0.89
240g Baby Spinach	£1.50
2 Medium Broccoli	£1.30
200g Button Mushrooms	£0.90
3 Medium Carrots	£0.15

Cupboard Items

205g Smooth Peanut Butter	£1.50
150g Ground Almonds	£2.50
1 x 400ml Tin Coconut Milk	£0.75
1 x 400g Tin Chopped Tomatoes	£0.28
500g Passata	£0.32
3 tbsp Tamari Soy Sauce	£2.00

Total Cost: £29.65

Day 1 - Breakfast:

Low Carb Blueberry Yoghurt Bowl (v)



Serves 1



5 minutes



1 minute

Ingredients

50g Frozen Blueberries

150g Greek Yoghurt

2 tbsps Smooth Peanut Butter

Method

1. Place the berries into a bowl and microwave for 30-60 seconds or thaw them overnight if you prefer them cold.
2. Add the yoghurt to a bowl and top with the berries and peanut butter, then serve.

TOP TIP: This is a great low carb breakfast that you can take with you on-the-go.

Nutritional Values (per serving)

- **Calories:** 376 kcal
- **Carbs:** 13g
- **Total Fat:** 26g
- **Protein:** 22g



Day 1 - Lunch:

Broccoli & Cheddar Soup (v)



Serves 2



5 minutes



20 minutes

Ingredients

1 Medium Broccoli
1 Garlic Clove
1 tbsp Olive Oil
500ml Boiling Water
1 Vegetable Stock Cube
100ml Double Cream
150g Cheddar Cheese
Salt & Pepper, to taste

Method

1. Cut the broccoli into florets and crush the garlic.
2. Heat the olive oil in a saucepan over a medium heat then add the crushed garlic and broccoli florets, then cook for 5 minutes.
3. Combine the boiling water and stock cube and add to the saucepan so the broccoli is covered.
4. Simmer for 15 minutes and then blitz the soup until smooth using a hand blender.
5. Add the double cream and crumble in 100g of the cheddar cheese, stir until combined.
6. Season to taste, then serve a portion into a bowl and sprinkle with 25g of the remaining cheese. Save the remaining cheese for day 4 lunch, once the soup has been reheated.

TOP TIP: This can be made in advance the night before. Save the leftovers for day 4 lunch.

Nutritional Values (per serving)

- **Calories:** 675 kcal
- **Carbs:** 7g
- **Total Fat:** 60g
- **Protein:** 27g



Day 1 - Dinner:

Low Carb Thai Chicken Satay



Serves 3



10 minutes



30 minutes

Ingredients

For the Thai chicken satay:

2 Garlic Cloves

1 Medium Red Chilli

1 tbsp Olive Oil

1 tsp Turmeric

300g Chicken Thigh Fillets

200ml Tinned Coconut Milk

100g Smooth Peanut Butter

3 tbsp Tamari Soy Sauce

For the broccoli rice:

1 Medium Broccoli

1 tbsp Olive Oil

Method

1. Start by crushing the garlic cloves and dicing the chilli.
2. Heat 1 tbsp oil in a non-stick pan over a medium heat, then add the crushed garlic, diced chilli and turmeric. Cook for 5 minutes.
3. Dice the chicken and add it to the pan, then cook for 10 -15 minutes, stirring regularly.
4. Add the coconut milk, peanut butter and tamari soy sauce to the pan and stir well, ensuring the chicken is well coated in the sauce. Leave to simmer for 5-10 minutes.
5. In the meantime, prepare the broccoli rice. Start by grating the broccoli and adding it to a pan on a medium heat with 1 tbsp oil. Cook for 5 minutes, then serve the chicken satay on the broccoli rice.

TOP TIP: Save the leftovers for day 2 and 3 lunch.

Nutritional Values (per serving)

- **Calories:** 575 kcal
- **Carbs:** 11g
- **Total Fat:** 43g
- **Protein:** 35g



Day 2 - Breakfast:

Cheesy Breakfast Muffins (v)



Serves 3



5 minutes



20 minutes

Ingredients

For the muffins:

2 tbsp Olive Oil

9 Large Eggs

100g Cheddar Cheese

Salt & Pepper, to taste

To serve:

3 Handfuls of Baby Spinach

Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan).
2. Grease a muffin tin with the oil, then whisk the eggs in a large bowl.
3. Grate the cheese and add half of it to the bowl then season with salt and pepper.
4. Share the egg mixture out between each section of the muffin tray then sprinkle with the remaining cheese.
5. Place in the oven for 20 minutes or until cooked through and golden.
6. Remove the egg muffins from the oven and serve with the spinach.

TOP TIP: Save 2 portions for day 5 and day 6 breakfast.

Nutritional Values (per serving)

- **Calories:** 453 kcal
- **Carbs:** 0g
- **Total Fat:** 36g
- **Protein:** 32g



Day 2 - Lunch:

Leftover Low Carb Thai Chicken Satay



Serves 1



5 minutes

Ingredients

1 portion of Leftover Low Carb Thai Chicken Satay from day 1 dinner

Method

1. Take the leftovers from the fridge and reheat in the microwave for 5 minutes, then serve.

Nutritional Values (per serving)

- **Calories:** 575 kcal
- **Carbs:** 11g
- **Total Fat:** 43g
- **Protein:** 35g



Day 2 - Dinner:

Low Carb Steak & Mushroom Pie



Serves 3



15 minutes



45 minutes

Ingredients

For the pie filling:

1 tbsp Olive Oil

400g Diced Beef

1 Medium Red Onion

200g Button Mushrooms

320g Passata

2 Vegetable Stock Cubes

Salt & Pepper, to taste

For the pie crust:

125g Grated Mozzarella Cheese

80g Soft Cheese

80g Ground Almonds

1 Large Egg

Salt & Pepper, to taste

To serve:

110g Baby Spinach

Method

1. For the pie filling, heat the oil in a pan over a medium heat. Add the beef to the pan and cook for a couple of minutes to brown it.
2. Dice the onion and mushrooms then add to the pan. Cook until tender, then pour in the passata.
3. Add the stock cubes to the pan, then season with salt and pepper. Stir the mixture well, then reduce the heat and cook on a low heat for 20 minutes.
4. Whilst the pie filling cooks, preheat the oven to 180°C/160°C fan (350°F/320°F fan) and prepare the pie crust.
5. For the pie crust, create a dough by combining the grated mozzarella and soft cheese in a bowl, then microwave for a few minutes, stirring halfway through.
6. Add in the ground almonds and egg, then season with salt and pepper. Mix thoroughly.
7. Place the mixture back in the microwave for a little longer if necessary, then roll and spread the dough onto greaseproof paper.
8. Pour the pie filling into a pie dish and top with the dough. Bake in the oven for 20-25 minutes.
9. Steam the spinach until wilted, then drain.
10. Remove the pie from the oven and serve with the spinach.

TOP TIP: Save the leftovers for day 3 dinner and day 7 dinner.

Nutritional Values (per serving)

● **Calories:** 683 kcal

● **Carbs:** 14g

● **Total Fat:** 47g

● **Protein:** 52g

Day 3 - Breakfast:

Low Carb Blueberry Yoghurt Bowl (v)



Serves 1



5 minutes



1 minute

Ingredients

50g Frozen Blueberries

150g Greek Yoghurt

2 tbsp Smooth Peanut Butter

Method

1. Place the berries into a bowl and microwave for 30-60 seconds or thaw them overnight if you prefer them cold.
2. Add the yoghurt to a bowl and top with the berries and peanut butter, then serve.

TOP TIP: This is a great low carb breakfast that you can take with you on-the-go.

Nutritional Values (per serving)

- **Calories:** 376 kcal
- **Carbs:** 13g
- **Total Fat:** 26g
- **Protein:** 22g



Day 3 - Lunch:

Leftover Low Carb Thai Chicken Satay



Serves 1



5 minutes

Ingredients

1 portion of Leftover Low Carb Thai Chicken Satay from day 1 dinner

Method

1. Take the leftovers from the fridge and reheat in the microwave for 5 minutes, then serve.

Nutritional Values (per serving)

- **Calories:** 575 kcal
- **Carbs:** 11g
- **Total Fat:** 43g
- **Protein:** 35g



Day 3 - Dinner:

Leftover Low Carb Steak & Mushroom Pie



Serves 1



5-10 minutes

Ingredients

1 portion of Leftover Low Carb Steak & Mushroom Pie from day 2 dinner

Method

1. Take the leftovers from the fridge and reheat in the microwave or oven, then serve.

Nutritional Values (per serving)

- **Calories:** 683 kcal
- **Carbs:** 14g
- **Total Fat:** 47g
- **Protein:** 52g



Day 4 - Breakfast:

Low Carb Blueberry Yoghurt Bowl (v)



Serves 1



5 minutes



1 minutes

Ingredients

50g Frozen Blueberries

150g Greek Yoghurt

2 tbsp Smooth Peanut Butter

Method

1. Place the berries into a bowl and microwave for 30-60 seconds or thaw them overnight if you prefer them cold.
2. Add the yoghurt to a bowl and top with the berries and peanut butter, then serve.

TOP TIP: This is a great low carb breakfast that you can take with you on-the-go.

Nutritional Values (per serving)

- **Calories:** 376 kcal
- **Carbs:** 13g
- **Total Fat:** 26g
- **Protein:** 22g



Day 4 - Lunch:

Leftover Broccoli & Cheddar Soup (v)



Serves 1



5 minutes

Ingredients

1 portion of Leftover Broccoli & Cheddar Soup from day 1 lunch

Method

1. Take the leftover soup out of the fridge and reheat in the microwave or in a pan, then serve.

Nutritional Values (per serving)

- **Calories:** 675 kcal
- **Carbs:** 7g
- **Total Fat:** 60g
- **Protein:** 27g



Day 4 - Dinner:

Creamy Chicken Stew



Serves 3



5 minutes



35 minutes

Ingredients

1 Medium Red Onion
3 Medium Carrots
2 Garlic Cloves
2 tbsp Olive Oil
300g Chicken Thigh Fillets
1 x 400g Tin Chopped Tomatoes
2 Vegetable Stock Cubes
Salt & Pepper, to taste
100g Baby Spinach
200ml Double Cream

Method

1. Start by dicing the onion and carrots and crushing the garlic, then add them to a non-stick pan along with the oil and chicken thighs. Cook for around 10 minutes, turning the chicken occasionally.
2. Add the chopped tomatoes and stock cubes to the pan and bring to the boil, season with salt and pepper.
3. Add the spinach to the pan and leave to simmer for 20 minutes.
4. Add the cream to the pan and cook for a further 5 minutes, then serve.

TOP TIP: Save the leftovers for day 5 and 6 lunch.

Nutritional Values (per serving)

- **Calories:** 602 kcal
- **Carbs:** 18g
- **Total Fat:** 48g
- **Protein:** 24g



Day 5 - Breakfast:

Leftover Cheesy Breakfast Muffins (v)



Serves 1

Ingredients

1 portion of Leftover Cheesy Breakfast Muffins from day 2 breakfast

Method

1. Take leftovers out of the fridge and enjoy.

Nutritional Values (per serving)

- Calories: 453 kcal
- Carbs: 0g
- Total Fat: 36g
- Protein: 32g



Day 5 - Lunch:

Leftover Creamy Chicken Stew



Serves 1



5-10 minutes

Ingredients

1 portion of Leftover Creamy Chicken Stew from day 4 dinner

Method

1. Take leftovers out of the fridge, reheat and enjoy.

Nutritional Values (per serving)

- **Calories:** 602 kcal
- **Carbs:** 18g
- **Total Fat:** 48g
- **Protein:** 24g



Day 5 - Dinner:

Spicy Fathead Pizza (v)



Serves 3



10 minutes



25 minutes

Ingredients

For the crust:

125g Grated Mozzarella Cheese

100g Soft Cheese

70g Ground Almonds

1 Large Egg

½ tsp Salt

Olive Oil, to grease your hands

For the topping:

1 Medium Red Chilli

100g Cheddar Cheese

6 tbsp Passata

1 tsp Dried Oregano

Salt & Pepper, to taste

To serve:

60g Rocket

Salt & Pepper, to taste

Method

1. Preheat the oven to 200°C/180°C fan (390°F/350°F fan).
2. For the crust, combine the grated mozzarella with the soft cheese in a small, non-stick pan on medium heat or in a bowl in the microwave.
3. Stir until they melt together then add the ground almonds, egg and a pinch of salt and mix well.
4. Moisten your hands with olive oil and flatten the dough on parchment paper, making a circle about 8 inches (20cm) in diameter.
5. Prick the crust all over with a fork, then place on a baking tray and bake in the oven for 10 minutes until golden brown. Whilst the crust is baking, finely chop the chilli and grate the cheddar cheese.
6. Remove the crust from the oven then spread a thin layer of passata on the crust.
7. Top the pizza with the oregano, finely chopped red chilli and grated cheese then bake in the oven for 10–15 minutes or until the cheese has melted.
8. Serve with the rocket and pinch of salt and pepper.

TOP TIP: Save 2 servings for day 6 dinner and day 7 lunch. Any chillies left over? Either add them to your pizza for some extra spice or chop them up and pop in the freezer and save them for another time.

Nutritional Values (per serving)

- **Calories:** 546 kcal
- **Carbs:** 8g
- **Total Fat:** 44g
- **Protein:** 29g



Day 6 - Breakfast:

Leftover Cheesy Breakfast Muffins (v)



Serves 1

Ingredients

1 portion of Leftover Cheesy Breakfast Muffins from day 2 breakfast

Method

1. Take leftovers out of the fridge and enjoy.

Nutritional Values (per serving)

- **Calories:** 453 kcal
- **Carbs:** 0g
- **Total Fat:** 36g
- **Protein:** 32g



Day 6 - Lunch:

Leftover Creamy Chicken Stew



Serves 1



5-10 minutes

Ingredients

1 portion of Leftover Creamy Chicken Stew from day 4 dinner

Method

1. Take leftovers out of the fridge then reheat and enjoy.

Nutritional Values (per serving)

- **Calories:** 602 kcal
- **Carbs:** 18g
- **Total Fat:** 48g
- **Protein:** 24g



Day 6 - Dinner:

Leftover Spicy Fathead Pizza (v)



Serves 1



5 minutes

Ingredients

1 portion of Leftover Spicy Fathead Pizza from day 5 dinner

Method

1. Take the leftover pizza out of the fridge and enjoy hot or cold with the rocket.
2. If you prefer the pizza hot, reheat in the microwave for 5 minutes, then serve.

Nutritional Values (per serving)

- **Calories:** 546 kcal
- **Carbs:** 8g
- **Total Fat:** 44g
- **Protein:** 29g



Day 7 - Breakfast:

Low Carb Blueberry Breakfast Smoothie (v)



Serves 1



5 minutes

Ingredients

15g Smooth Peanut Butter

200ml Tinned Coconut Milk

50g Greek Yoghurt

50g Frozen Blueberries

Method

1. Add the peanut butter, coconut milk, yoghurt and blueberries to a blender and blitz until smooth.
2. Pour into a glass or flask to take on-the-go.

TOP TIP: Leftover frozen berries or peanut butter from this week? Anything leftover can be used for breakfast next week!

Nutritional Values (per serving)

- **Calories:** 528 kcal
- **Carbs:** 14g
- **Total Fat:** 48g
- **Protein:** 11g



Day 7 - Lunch:

Leftover Spicy Fathead Pizza (v)



Serves 1



5 minutes

Ingredients

1 portion of Leftover Spicy Fathead Pizza from day 5 dinner

Method

1. Take the leftover pizza out of the fridge and enjoy hot or cold with the rocket.
2. If you prefer the pizza hot reheat in the microwave for 5 minutes, then serve.

Nutritional Values (per serving)

- **Calories:** 546 kcal
- **Carbs:** 8g
- **Total Fat:** 44g
- **Protein:** 29g



Day 7 - Dinner:

Leftover Low Carb Steak & Mushroom Pie



Serves 1



5-10 minutes

Ingredients

1 portion of Leftover Low Carb Steak & Mushroom Pie from day 2 dinner

Method

1. Take the leftovers from the fridge and reheat in the microwave or oven, then serve.

Nutritional Values (per serving)

- **Calories:** 683 kcal
- **Carbs:** 14g
- **Total Fat:** 47g
- **Protein:** 52g



DISCLAIMER

The information provided in this recipe book should not be considered complete, nor should it be relied on to suggest a course of treatment for a particular individual, nor is it intended to refer you to a particular medical professional or health care provider.

It should not be used in place of a visit to, consultation with or the advice of a doctor, DSN or other qualified health care provider.

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NUTRITIONAL DISCLAIMER

All nutritional information is based on UK food databases.

Nutritional information is calculated per serving and is subject to variation dependent on brand, use of organic produce and seasonal variation. They should therefore should be used as an estimate only.

UK nutritional information for total carbohydrate does not include fibre.

All dairy products are based on full fat varieties.

An egg is based on a typical medium sized egg (58g).

Some varieties of parmesan cheese include rennet which is not suitable for vegetarians. All vegetarians should ensure they opt for vegetarian parmesan cheese.

When selecting ingredients, whole foods are chosen by default.

Certain fruits and vegetables, that might be higher in carbohydrates, are used in small amounts in some recipes e.g. root vegetables, bananas or cashews. They should only be used in the amounts specified, to avoid the over consumption of carbohydrates.