

Make cheaper, healthy choices

Meal plan 1

Breakfast:

Mealie pap / Oats / Weetbix

Lunch:

Sandwich with Peanut butter and jam

Apple

or

Sandwich with Liver cakes

Banana

Supper:

Fish Cakes (recipe at back)

Mashed potato

or

Lentil Salad (recipe at back)

Bread

Mixed salad / mixed vegetables



Shopping list

Protein	Starch	Fruit and vegetables
Liver	Brown bread	in season
Pilchards	Rice	as well as
Eggs	Mealie Rice	Onions
Milk	Samp	Tomatoes
Lentils	Pasta	
Dried bean	Potatoes	
Baked Beans	Mealie pap	
Soya mince	Oats	
Peanut Butter	Weetbix	

Add to shopping list:

Flour
Cheese
Oil
Worcester sauce
Trim mayonnaise



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Meal plan 2

Breakfast:

Mealie pap / Oats / Weetbix

Lunch:

Sandwich with Peanut butter and jam

Banana

or

Sandwich with Boiled eggs

Apple

Supper:

Mediterranean Lentil Stew (recipe at back)

Mealie Rice

or

Lentil filling (recipe at back)

Bread

Mixed salad / mixed vegetables

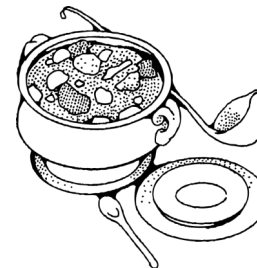


Shopping list

Protein	Starch	Fruit and vegetables
Liver	Brown bread	in season
Pilchards	Rice	as well as
Eggs	Mealie Rice	Onions
Milk	Samp	Tomatoes
Lentils	Pasta	Carrots
Dried beans	Potatoes	
Baked Beans	Mealie pap	
Soya mince	Oats	
Peanut Butter	Weetbix	

Add to shopping list:

Stock cubes
Oil



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Meal plan 3

Breakfast:

Mealie pap / Oats / Weetbix

Lunch:

Sandwich with Peanut butter and jam

Banana

or

Sandwich with Pilchards

Apple

Supper:

Meatless Lentil Curry (recipe at back)

Rice

or

Fish and Beans Stew (recipe at back)

Rice

Mixed salad / mixed vegetables



Shopping list

Protein	Starch	Fruit and vegetables
Liver	Brown bread	in season
Pilchards	Rice	as well as
Eggs	Mealie Rice	Onions
Milk	Samp	Tomatoes
Lentils	Pasta	
Dried beans-	Potatoes	
Baked Beans	Mealie pap	
Soya mince	Oats	
Peanut Butter	Weetbix	

Add to shopping list:

Curry powder
Oil



RECIPES FOR MEAL PLAN 3

MEATLESS LENTIL CURRY

- 2 cups cooked lentils
- 1 chopped onion
- 1 large tomato, chopped
- 1 tablespoon oil
- 1 teaspoon curry powder
- Salt and sugar to taste
- Garlic (optional)



1. Boil lentils in salt water just till tender.
2. Fry the onion and garlic in oil till brown.
3. Add spices and sugar.
4. Add tomato and simmer slowly for approximately 20 minutes. (Add water as necessary.)
5. Add lentils and simmer for 10 more minutes. (Add water as necessary.)
6. Serve with rice, mealie rice or samp.



FISH AND BEANS STEW

- 1 can Pilchards in tomato (410g)
- 2 cups cooked dry beans ("baked beans" or other beans in cans can also be used)
- 1 tablespoon oil
- 1 onion, chopped
- Salt and pepper to taste

1. Fry the onion in the oil till brown.
2. Add the rest of the ingredients and simmer for approximately 10 minutes. (Add water if necessary.)
3. Serve on brown bread or with rice or mealie rice.

RECIPES FOR MEAL PLAN 2

MEDITERRANEAN LENTIL STEW

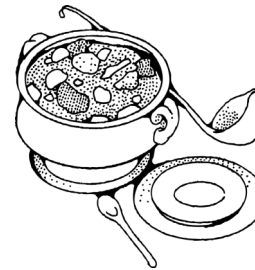
- 2 cups cooked lentils
- 2 chopped onions
- 2 tomatoes, chopped
- 2 carrots in rings
- 2 - 3 diced potatoes
- 1 tablespoon oil
- 2 stock cubes (vegetables, chicken or beef) dissolved in 3 cups boiled water
- Salt and pepper to taste

1. Fry the onion in oil till brown.
2. Add the rest of the vegetables and stir fry till brown.
3. Add the lentils and the stock.
4. Add salt and pepper.
5. Simmer for approximately 20 minutes till tender.
6. Serve hot with rice or mealie rice.



LENTIL FILLING

- 1 cup cooked lentils
- 1 tablespoon oil
- 1 tomato, sliced
- 1 grated onion
- 1 cup grated cheese
- Salt and pepper to taste



1. Fry the onion in oil till brown.
2. Add the tomato and cook till soft.
3. Add the cooked lentils and spices and simmer for 5 minutes.
4. Remove from stove and add cheese.
5. Mix well and serve on bread.

RECIPES FOR MEAL PLAN 1

FISH CAKES

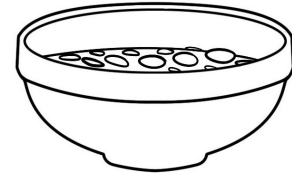
- 1 cup cooked beans (Baked beans or other canned beans can also be used.)

- 1 can Pilchards in tomato (410g)
- ½ cup flour

- 1 onion, grated
- 1 whisked egg
- 2 teaspoons Worcester sauce
- Salt, pepper and parsley
- Dry bread crumbs

Oil for frying

1. Mash the beans and pilchards.
2. Mix with the flour and onion.
3. Add the rest of the ingredients (except the crumbs). Mix well.
4. Shape into flat cakes.
5. Roll the cakes in the dry bread crumbs.
6. Fry in oil till golden brown.
7. Serve with mashed potato and tomato and onion stew.



LENTIL SALAD

- 2 cups cooked lentils
 - 1 hard boiled egg, chopped
 - 1 cup grated cheese (optional)
 - ½ cup Trim mayonnaise
 - ½ cup grated onion
 - 2 cups chopped tomatoes
 - 2 cups boiled potato, diced
 - 1 small pepper, diced (optional)
 - Salt and pepper to taste
1. Mix all the ingredients.
 2. Serve cold with bread.

