

# YOUR BUDGET MEAL PLANNER

All recipes marked ● are available at [diabetes.org.uk/recipes](https://diabetes.org.uk/recipes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Breakfast</b>	Banana porridge – made with 27g uncooked oats, 250ml whole milk, 1 medium sliced 85g banana <b>329.4 kcal • 48.7g carbs • 3.2g fibre</b> <b>11.5g protein • 1 Fruit &amp; Veg (F&amp;V)</b>	2 wheat biscuits, 150ml semi skimmed milk, 30g raisins and 10g pumpkin seeds <b>333.5 kcal • 58.5g carbs • 6g fibre</b> <b>10g protein • 1 F&amp;V</b>	Pineapple porridge – made with 27g uncooked oats, 250ml whole milk and 80g canned pineapple in juice <b>298.4 kcal • 41.7g carbs • 3.2g fibre</b> <b>10.5g protein • 1 F&amp;V</b>	2 wheat biscuits, 150ml whole milk, 30g raisins and 10g pumpkin seeds <b>359.5 kcal • 58.5g carbs • 6g fibre</b> <b>11.5g protein • 1 F&amp;V</b>
<b>Snack</b>	70g avocado <b>133 kcal • 1g carbs • 3g fibre</b> <b>1g protein • 0.5 F&amp;V</b>	1 small 104g pear and 30g plain almonds <b>229 kcal • 13g carbs • 5g fibre</b> <b>6g protein • 1 F&amp;V</b>	1 small 85g apple <b>37 kcal • 9g carbs • 1g fibre</b> <b>0g protein • 1 F&amp;V</b>	50g cottage cheese and 80g cherry tomatoes <b>70 kcal • 5g carbs • 1g fibre</b> <b>6g protein • 1 F&amp;V</b>
<b>Lunch</b>	Scrambled eggs – 2 eggs mixed with milk on 2 slices medium cut wholemeal toast with 10g veg oil-based spread and 80g sliced tomato <b>423 kcal • 32g carbs • 5g fibre</b> <b>20g protein • 1 F&amp;V</b>	Crisp salmon salad and 125g natural yogurt ● <b>442 kcal • 35.3g carbs • 4.2g fibre</b> <b>31.3g protein • 1 F&amp;V</b>	Half an avocado, 95g grilled chicken breast, 40g mixed salad leaves, 80g cherry tomatoes, 80g cucumber and 65g new potatoes and 1 tbsp light mayo <b>398 kcal • 17g carbs • 7g fibre</b> <b>34g protein • 3 F&amp;V</b>	Roast butternut squash and red lentil soup ● <b>272 kcal • 35.5g carbs • 7.6g fibre</b> <b>10.1g protein • 3 F&amp;V</b>
<b>Snack</b>	Fruit and nut bar ● <b>124 kcal • 16.3g carbs • 1g fibre</b> <b>2.9g protein • 0 F&amp;V</b>	1 slice medium cut wholemeal toast and 15g smooth peanut butter <b>163 kcal • 16g carbs • 3g fibre</b> <b>6g protein • 0 F&amp;V</b>	1 small 104g pear and 30g plain almonds <b>229 kcal • 13g carbs • 5g fibre</b> <b>6g protein • 1 F&amp;V</b>	1 medium 140g orange and 30g almonds <b>222 kcal • 10g carbs • 4g fibre</b> <b>7g protein • 1 F&amp;V</b>
<b>Dinner</b>	Spiced mince and lentil stuffed peppers and 80g broccoli ● <b>411 kcal • 31.8g carbs • 13.3g fibre</b> <b>39g protein • 3 F&amp;V</b>	Turkey and mushroom mince and 1 medium 180g baked potato ● <b>397.6 kcal • 53g carbs • 9.6g fibre</b> <b>33.6g protein • 2 F&amp;V</b>	Potato and lentil curry ● <b>282 kcal • 52.9g carbs • 8.4g fibre</b> <b>8.4g protein • 1 F&amp;V</b>	Tortillas stuffed with chicken and salad ● <b>484 kcal • 60.5g carbs • 17.5g fibre</b> <b>33.7g protein • 3 F&amp;V</b>
<b>Pudding</b>	Hot souffle apple and 125g natural yogurt ● <b>292 kcal • 35.6g carbs • 1.4g fibre</b> <b>12g protein • 1 F&amp;V</b>	80g tinned peaches in juice and 60g ready made custard <b>88 kcal • 18g carbs • 1g fibre</b> <b>2g protein • 1 F&amp;V</b>	Fruit and nut bar ● <b>124 kcal • 16.3g carbs • 1g fibre</b> <b>2.9g protein • 0 F&amp;V</b>	125g natural yogurt <b>99 kcal • 10g carbs • 0g fibre</b> <b>7g protein • 0 F&amp;V</b>
<b>Snack</b>	1 small 104g pear <b>45 kcal • 11g carbs • 3g fibre</b> <b>0g protein • 1 F&amp;V</b>	1 medium 140g orange <b>38 kcal • 8g carbs • 2g fibre</b> <b>1g protein • 1 F&amp;V</b>	125g natural yogurt, 30g raisins and 10g pumpkin seeds <b>238 kcal • 33g carbs • 2g fibre</b> <b>10g protein • 1 F&amp;V</b>	2 oatcakes topped with 2 tbsp smooth peanut butter <b>272 kcal • 16g carbs • 4g fibre</b> <b>9g protein • 0 F&amp;V</b>
<b>Milk</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre</b> <b>8g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre</b> <b>7.5g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre</b> <b>7.5g protein • 0 F&amp;V</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre</b> <b>8g protein • 0 F&amp;V</b>
<b>Totals</b>	<b>1860.9kcal • 187.1g carbs • 29.9g fibre</b> <b>94.4g protein • 7.5 F&amp;V</b>	<b>1833.1 kcal • 212.2g carbs • 30.8g fibre</b> <b>97.4g protein • 7 F&amp;V</b>	<b>1748.4 kcal • 193.2g carbs • 27.6g fibre</b> <b>79.3g protein • 8 F&amp;V</b>	<b>1882 kcal • 206.2g carbs • 40.1g fibre</b> <b>92.3g protein • 9 F&amp;V</b>

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	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	30g no added sugar muesli, 200ml whole milk and 85g banana <b>302 kcal • 48g carbs • 4g fibre • 10g protein • 1 F&amp;V</b>	Banana porridge – made with 27g uncooked oats, 250ml whole milk and 1 medium sliced 85g banana <b>329.4 kcal • 48.7g carbs • 3.2g fibre • 11.5g protein • 1 F&amp;V</b>	Scrambled eggs – 2 eggs mixed with milk on 1 slice medium cut wholemeal toast with 10g veg oil-based spread and 80g sliced tomato <b>351 kcal • 18g carbs • 3g fibre • 17g protein • 1 F&amp;V</b>
<b>Snack</b>	2 oatcakes and 50g cream cheese <b>215 kcal • 14g carbs • 2g fibre • 5g protein • 0 F&amp;V</b>	1 medium 140g orange <b>38 kcal • 8g carbs • 2g fibre • 1g protein • 1 F&amp;V</b>	1 small 104g pear <b>45 kcal • 11g carbs • 3g fibre • 0g protein • 1 F&amp;V</b>
<b>Lunch</b>	2 slices medium cut wholemeal bread, 25g cheddar cheese, 10g veg oil-based spread and 130g tomato <b>320 kcal • 32g carbs • 5g fibre • 13g protein • 1 F&amp;V</b>	2 slices medium cut wholemeal bread, with 85g canned salmon in water, drained and mixed with 1 tbsp light mayo and 80g canned sweetcorn <b>385 kcal • 40g carbs • 6g fibre • 28g protein • 1 F&amp;V</b>	<u>Cauliflower and leek soup</u> topped with 20g pumpkin seeds ● <b>268 kcal • 22.1g carbs • 9.7g fibre • 13.1g protein • 3 F&amp;V</b>
<b>Snack</b>	1 slice 30g malt loaf with 10g veg oil-based spread <b>172 kcal • 18g carbs • 1g fibre • 2g protein • 0 F&amp;V</b>	50g cottage cheese, 80g cherry tomatoes and 30g pumpkin seeds <b>240 kcal • 10g carbs • 3g fibre • 8g protein • 1 F&amp;V</b>	30g plain almonds and 25g cheddar cheese <b>288 kcal • 2g carbs • 2g fibre • 12g protein • 0 F&amp;V</b>
<b>Dinner</b>	<u>Fish parcels</u> with 80g broccoli and 80g cauliflower ● <b>359 kcal • 27.8g carbs • 18.4g fibre • 42.9g protein • 5 F&amp;V</b>	<u>Butternut squash and borlotti bean stew</u> ● <b>242 kcal • 31g carbs • 22.3g fibre • 13.4g protein • 5 F&amp;V</b>	<u>Roast chicken</u> with 195g new potatoes, 115ml gravy, 80g broccoli and 80g green beans ● <b>420 kcal • 39.3g carbs • 9.4g fibre • 46.1g protein • 2 F&amp;V</b>
<b>Pudding</b>	125g natural yogurt and 80g canned pineapple in juice <b>137 kcal • 20g carbs • 1g fibre • 7g protein • 1 F&amp;V</b>	125g natural yogurt, 1 small 104g pear and 30g plain almonds <b>328 kcal • 23g carbs • 5g fibre • 13g protein • 1 F&amp;V</b>	80g tinned peaches in juice and 125g natural yogurt <b>130 kcal • 18g carbs • 1g fibre • 7g protein • 1 F&amp;V</b>
<b>Snack</b>	30g plain almonds <b>184 kcal • 2g carbs • 2g fibre • 6g protein • 0 F&amp;V</b>	1 slice 30g malt loaf with 10g veg oil-based spread <b>172 kcal • 18g carbs • 1g fibre • 2g protein • 0 F&amp;V</b>	Mug of hot chocolate – made from 150ml whole milk, 1 tsp cocoa powder and calorie free sweetener <b>99 kcal • 7.3g carbs • 0g fibre • 5g protein • 0 F&amp;V</b>
<b>Milk</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre • 7.5g protein • 0 F&amp;V</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre • 8g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre • 7.5g protein • 0 F&amp;V</b>
<b>Totals</b>	<b>1831 kcal • 172.1g carbs • 33.4g fibre • 93.4g protein • 8 F&amp;V</b>	<b>1837.9 kcal • 189.4g carbs • 42.5g fibre • 84.9g protein • 10 F&amp;V</b>	<b>1743 kcal • 128g carbs • 28.1g fibre • 107.7g protein • 8 F&amp;V</b>

## SHOPPING LIST

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