



LIVE BELOW THE LINE

RECIPE GUIDE

Living on less than £1 a day for food and drink is not easy but it is possible. Across the globe 1.4 billion people do it everyday for everything- food, drink, healthcare, education, travel, everything.

The eating and drinking is the easy bit, but shopping for groceries on such a tight budget is alien to many of us. You, like us, probably don't use the cheapest supermarket for your weekly shop but instead the one most convenient to where you live. That's why we've created a recipe guide, not based on daily amounts but weekly amounts to give you some idea of what you can buy.

Shopping around is key. We've used some of the most well known and available supermarkets such as Asda and Tesco to get our ingredients. But all major supermarkets (and some local) will have the items below, at a cheap price.



MENU 1

day 1

Breakfast

2 eggs on toast

Lunch

Rice with mixed vegetables and half a carton passata dressing

Dinner

Pasta with frozen vegetables and the other half of the carton of passata

Apple for snack and water to drink

day 2

Breakfast

2 eggs on toast

Lunch

Pasta with frozen vegetables and half a carton passata

Dinner

Egg fried Rice with Vegetables and half a tin of kidney beans

Apple for snack and water to drink

day 4

Breakfast

2 eggs on toast

Lunch

Egg fried rice with vegetables

Dinner

Rice with vegetables and half a jar of curry sauce

Apple for snack and water to drink

Shopping List

2 packs of passata (500g each) – 29p each

1 tin of kidney beans - 18p

1 bag of applies (5 per pack) - 71p

1 Wholemeal loaf (800g) - 47p

1 box of 18 eggs - £1.50

1 bag of frozen mixed vegetables - 73p

1 bag of spaghetti - 25p

1 jar of curry sauce - 17p

1 bag of rice – 40p

day 3

Breakfast

2 eggs on toast

Lunch

Pasta with frozen vegetables and half a carton passata

Dinner

Egg fried Rice with Vegetables and half a tin of kidney beans

Apple for snack and water to drink

day 5

Breakfast

2 eggs on toast

Lunch

Egg fried rice with vegetables

Dinner

Rice with vegetables and half a jar of curry sauce

Apple for snack and water to drink



MENU 2

day 1

Breakfast

2 eggs and toast

Lunch

Omelette with potato and mixed vegetables

Dinner

Rice and mixed vegetables with half a jar of curry sauce

Apple for a snack and water to drink

day 2

Breakfast

2 eggs and toast

Lunch

baking potato with mixed vegetables

Dinner

Rice with mixed vegetables and half a jar of curry sauce

Apple for a snack and water to drink

day 4

Breakfast

2 eggs with toast

Lunch

Omelette with half a tin of kidney beans and toast

Dinner

rice with mixed vegetables and half a jar of chilli sauce

Apple for snack and water to drink

Shopping List

1 box of 15 eggs – £1.25

1 bag of apples - 71p

1 pack of baking potatoes - 60p

1 bag of frozen vegetables - 73p

1 bag of rice - 40p

1 jar of curry sauce - 17p

1 jar of sweet and sour sauce - 27p

1 tin of kidney beans - 18p

1 loaf of bread - 47p

day 3

Breakfast

2 eggs with toast

Lunch

Omelette with half a tin of kidney beans and toast

Dinner

Rice with mixed vegetables and half a jar of chilli sauce

Apple for snack and water to drink

day 5

Breakfast

2 eggs with toast

Lunch

Baked potato with mixed vegetables

Dinner

Egg fried rice with mixed vegetables

Apple for snack and water to drink



MENU 3

day 1

Breakfast

1 yoghurt pot

Lunch

sausage and egg sandwich
(2 eggs, 2 sausages and 2 slices of bread)

Dinner

Risotto with sausages and mixed
vegetables (100 grams of rice, 2 sausages,
1 chicken stock cube and 100 grams of
mixed vegetables)

day 2

Breakfast

1 yoghurt pot

Lunch

100 grams of baked beans and 2 slices of
toast

Dinner

Risotto with sausages, potatoes and mixed
vegetables (100 grams of rice, 2 sausages,
1 chicken stock cube, 100 grams of mixed
vegetables and 100 grams of potatoes)

day 4

Breakfast

2 eggs on toast

Lunch

Eggs and sausage sandwich (2 eggs, 2
sausages and 2 slices of bread)

Dinner

Risotto with sausages, potatoes and mixed
vegetables (100 grams of rice, 2 sausages,
1 chicken stock cube, 100 grams of mixed
vegetables and 100 grams of potatoes)

Shopping List

15 eggs – £1.25

800 gram (20 slices) of bread – 47p

907 gram of frozen mixed veggies – 73p

20 sausages – £1

1kg rice – 40p

410 gram tin of baked beans – 29p

4x125 grams of Yoghurt – 35p

10 value chicken stock cubes – 10p

567 grams value new potatoes – 23p

300 grams value mushy peas – 10p

day 3

Breakfast

2 eggs on toast

Lunch

2 sausages, 100 grams of baked beans, 100
grams of mushy peas and 2 slices of toast

Dinner

Egg fried rice with sausages with potatoes
and mixed vegetables (2 eggs, 2 sausages,
100 grams of potatoes, 100 grams of mixed
vegetables and 100 grams of rice)

day 5

Breakfast

2 sausages, 1 egg, 100 grams of beans and
2 slices of toast

Lunch

2 sausages, 100 grams of mushy peas and
100 grams of (mashed) potatoes

Dinner

Egg fried rice with sausages, potatoes and
mixed vegetables (2 eggs, 2 sausages, 100
grams of rice, 1 chicken stock cube, 100
grams of potatoes and 100 grams of mixed
vegetables)



MENU 4

This menu is aimed at people who would rather have two meals a day rather than three. Although, we'd never advise skipping meals as a way to manage on £1 a day, eating larger portions across the two meals instead of three smaller ones is fine. Having two meals a day instead of three means you can budget more for them, but you will still be limited for choice.

day 1

Brunch and Dinner

Vegetable Curry

(250g rice, 300g mixed frozen vegetables and 1 jar of curry sauce)

day 2

Brunch and Dinner

Onion and Mushroom pizza

(400g plain flour, 1 satchet of yeast, water, 5 cheese slices, 125g mushrooms, half an onion and 1 tin of tomato puree)

day 4

Brunch and Dinner

Onion and Mushroom pizza

(400g plain flour, 1 satchet of yeast, water, 5 cheese slices, 125g mushrooms, half an onion and 1 tin of tomato puree)

Basic pizza dough recipe – mix 400g of plain flour with a 7g satchet of dried yeast. Add luke warm water and mix until doughy. Then knead for 10 minutes. Cover and leave in a warm place for an hour to allow the dough to prove. Then knead for another 10 minutes and roll out. This about of dough should make a generously-based 12 inch pizza.

Shopping List

1 onion - 30p

250g of mushrooms - 80p

1 pack of cheese slices - 50p

1.5kg of plain flour - 52p

2 tins of tomato puree - 25p

1 jar of curry sauce - 17p

1 bag of mixed frozen vegetables – 73p

1kg bag of rice - 40p

1 jar of sweet and sour sauce – 27p

1 packet of Yeast - 28p

1 jar of passata – 29p

1 tin of kidney beans – 18p

day 3

Brunch and Dinner

Vegetables in a tomato sauce (250g rice, 300g mixed frozen vegetables, half a jar of kidney beans and 1 jar of passata)

day 5

Brunch and Dinner

Sweet and Sour Vegetables

(250g rice, 300g mixed vegetables, 1 jar of sweet and sour sauce and half a tin of kidney beans)



MENU 5

day 1

Breakfast

Cheese toasty
(2 sliced of bread with a cheese slice)

Lunch

Rice with mixed vegetables and half a jar of sweet and sour sauce

Dinner

Spaghetti with half a jar of passata

day 2

Breakfast

Cheese Toasty
(2 slices of bread with a cheese slice)

Lunch

Beans on Toast

Dinner

Rice with mixed vegetables and half a jar of sweet and sour sauce

day 4

Breakfast

Cheese toasty
(2 sliced of bread with a cheese slice)

Lunch

Rice with mixed vegetables and half a jar of curry sauce

Dinner

Small cheese and tomato pizza

Shopping List

1 bag of mixed frozen vegetables - 73p
1 jar of curry sauce 17p
1kg bag of rice - 40p
1 jar of sweet and sour - 27p
1 pack of cheese slices – 50p
1 jar of passata – 29p
1 jar of chilli sauce – 52p
1 loaf of wholemeal bread – 47p
1 packet of spaghetti – 25p
1 tin of baked beans – 29p
1kg of plain flour – 52p
1 packet of yeast – 28p
1 tin of tomato puree – 25p

day 3

Breakfast

Cheese toasty
(2 sliced of bread with a cheese slice)

Lunch

Rice with mixed vegetables and half a jar of curry sauce

Dinner

Spaghetti with half a jar of passata

day 5

Breakfast

Cheese toasty
(2 sliced of bread with a cheese slice)

Lunch

Rice with mixed vegetables and half a jar of chilli sauce

Dinner

Small cheese and tomato pizza