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 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 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

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

Shopping List

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 packs of passata (500g each)</td>
<td>29p/each</td>
</tr>
<tr>
<td>1 tin of kidney beans</td>
<td>18p</td>
</tr>
<tr>
<td>1 bag of apples (5 per pack)</td>
<td>71p</td>
</tr>
<tr>
<td>1 Wholemeal loaf (800g)</td>
<td>£1.50</td>
</tr>
<tr>
<td>1 box of 18 eggs</td>
<td></td>
</tr>
<tr>
<td>1 bag of frozen mixed vegetables</td>
<td>73p</td>
</tr>
<tr>
<td>1 bag of spaghetti</td>
<td>25p</td>
</tr>
<tr>
<td>1 jar of curry sauce</td>
<td>17p</td>
</tr>
<tr>
<td>1 bag of rice</td>
<td>40p</td>
</tr>
</tbody>
</table>
**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 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 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

**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

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**Shopping List**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 box of 15 eggs</td>
<td>£1.25</td>
</tr>
<tr>
<td>1 bag of apples</td>
<td>71p</td>
</tr>
<tr>
<td>1 pack of baking potatoes</td>
<td>60p</td>
</tr>
<tr>
<td>1 bag of frozen vegetables</td>
<td>73p</td>
</tr>
<tr>
<td>1 bag of rice</td>
<td>40p</td>
</tr>
<tr>
<td>1 jar of curry sauce</td>
<td>17p</td>
</tr>
<tr>
<td>1 jar of sweet and sour sauce</td>
<td>27p</td>
</tr>
<tr>
<td>1 tin of kidney beans</td>
<td>18p</td>
</tr>
<tr>
<td>1 loaf of bread</td>
<td>47p</td>
</tr>
</tbody>
</table>
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 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, potatoes and mixed vegetables (2 eggs, 2 sausages, 100 grams of potatoes, 100 grams of mixed vegetables and 100 grams of rice)

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 eggs – £1.25</td>
<td></td>
</tr>
<tr>
<td>800 gram (20 slices) of bread – 47p</td>
<td></td>
</tr>
<tr>
<td>907 gram of frozen mixed veggies – 73p</td>
<td></td>
</tr>
<tr>
<td>20 sausages – £1</td>
<td></td>
</tr>
<tr>
<td>1kg rice – 40p</td>
<td></td>
</tr>
<tr>
<td>410 gram tin of baked beans – 29p</td>
<td></td>
</tr>
<tr>
<td>4x125 grams of Yoghurt – 35p</td>
<td></td>
</tr>
<tr>
<td>10 value chicken stock cubes – 10p</td>
<td></td>
</tr>
<tr>
<td>567 grams value new potatoes – 23p</td>
<td></td>
</tr>
<tr>
<td>300 grams value mushy peas – 10p</td>
<td></td>
</tr>
</tbody>
</table>
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 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 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)

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)

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 onion</td>
<td>30p</td>
</tr>
<tr>
<td>250g of mushrooms</td>
<td>80p</td>
</tr>
<tr>
<td>1 pack of cheese slices</td>
<td>50p</td>
</tr>
<tr>
<td>1.5kg of plain flour</td>
<td>52p</td>
</tr>
<tr>
<td>2 tins of tomato puree</td>
<td>25p</td>
</tr>
<tr>
<td>1 jar of curry sauce</td>
<td>17p</td>
</tr>
<tr>
<td>1 bag of mixed frozen vegetables</td>
<td>73p</td>
</tr>
<tr>
<td>1kg bag of rice</td>
<td>40p</td>
</tr>
<tr>
<td>1 jar of sweet and sour sauce</td>
<td>27p</td>
</tr>
<tr>
<td>1 packet of Yeast</td>
<td>28p</td>
</tr>
<tr>
<td>1 jar of passata</td>
<td>29p</td>
</tr>
<tr>
<td>1 tin of kidney beans</td>
<td>18p</td>
</tr>
</tbody>
</table>
**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

**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 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 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 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

**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