

# BALANCE THE BUDGET

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

Expert advice and  
top tips to save  
money, reduce food  
waste and manage  
diabetes



# WE'RE HERE TO LEND ADVICE AND SUPPORT

**At Diabetes UK, we're here to help everyone affected by diabetes - whether you live with it yourself, or know someone who does.**

## FREE RESOURCES

We've got loads of free information and tailored guides on our website to help you at every stage of your journey. From recipes written by our experts to guides on food labels and looking after your feet, there's something for everyone.

■ Visit [diabetes.org.uk](http://diabetes.org.uk) and [shop.diabetes.org.uk](http://shop.diabetes.org.uk)

## CALL US

Our helpline number is 0345 123 2399. It is a dedicated, confidential helpline for all people with diabetes, their family or friends, and people who are worried they might be at risk.

Our highly trained advisors have counselling skills and an extensive knowledge of diabetes. They can provide information about the condition, take the time to talk things through and explore emotional, social, psychological or practical difficulties. You don't need a question about diabetes to call us.

## JOIN THE CONVERSATION

Our Support Forum is an online community where you can exchange knowledge and experiences with other people with diabetes, family and carers.

■ Visit [diabetes.org.uk/bal-forum](http://diabetes.org.uk/bal-forum)

## MEET SOME OF OUR EXPERTS:



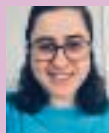
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# WELCOME

➔ Reducing waste, eating healthily and making money go further are goals most of us would like to achieve. And while budgeting can seem daunting at first, there are lots of ways to protect both your health and your bank balance.

“Taking a more sustainable approach to what we buy and consume has many benefits when it comes to reducing waste and costs,” says Chris Cheyette, dietitian and author of the Carbs & Cals series.

This booklet has lots of money-saving advice, from tips to help reduce energy costs, to a seven-day budget meal planner that’s been developed by our expert team of dietitians.

**“There are lots of ways to protect both your health and your bank balance”**



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# SMARTER SHOPPING

**There are lots of resources and simple tricks that can slash your shopping bills. Plus, our online forum users generously share their money-saving tips**

 Shopping seasonally, buying from a local market if you can, and being savvy about supermarket deals can all help reduce the cost of your food shop. Try building your shopping list around cheaper ingredients. Turn to pages 6–9 for lots of ideas to help you do this.

## **SUPERMARKET CHEAP**

Online supermarkets typically offer introductory discount vouchers to ‘capture’ new customers,

for example, offering £15 off a £60 shop. The Money Saving Expert website is regularly updated with the latest discount codes.

Stores separate products into different categories, using branding to give you the choice of how ‘luxury’ or ‘basic’ you want to be. ‘Downshifting’ what you buy, e.g. branded to own brand or value, can really cut your grocery bills.

While switching from premium to manufacturer brands will reduce your costs, bigger savings can be made by switching from



**“We go to the farm shop for huge trays of eggs and sacks of potatoes. These are better and far cheaper than the supermarket”**

own brand to value.

Using coupons, or getting cashback via special apps, can save you lots. Again, Money Saving Expert has a regularly-updated supermarket coupons guide to help you slash serious money off your shop.

An online comparison



tool, Trolley, lets you benchmark the cost of products at the major supermarkets so you can keep track of costs and shop around.

In August 2019, Which? investigated the price of 450 products available at major supermarkets including Asda, Iceland, Morrisons, Ocado, Sainsbury's, and Waitrose.

It revealed misleading discounts that didn't represent the bargains they claimed. Supermarkets' tactics included upping the price per item when

## TIPS & TRICKS FROM OUR FORUM

“I used to treat hypos with Lucozade, but the sugar tax halved the strength and almost doubled the cost. I switched to bigger, cheaper bottles and decanted to smaller ones for convenience. Now those are approx 20% more expensive, I've switched to full-sugar cola instead, opting for brands that still have a reasonable carb/100ml recipe.”

“I use a local farm's veg-in-a-box service. It provides me with enough vegetables for 3–4 weeks for less than £30, and the eggs are great, too.”

“Our local supermarket is sneaky for changing the prices of things week to week. Sometimes the ‘family pack’ actually works out more expensive by weight. I check the price per 100g on the shelf labels, to get a truer sense of the cost.”

“I use Lidl fizzy worms to treat hypos as a big bag is cheaper than jelly babies.”

[diabetes.org.uk/bal-forum](https://diabetes.org.uk/bal-forum)

products went into a multi-buy offer and exaggerating original prices to make special offers seem cheaper.

## YELLOW STICKERS

As a rough guide, price-reduction stickers tend to start appearing on goods mid-morning. Significant price reductions begin early evening. This is when stores cut prices by 75% and more. But these times vary, not just by supermarket, but by store.

Staff can sometimes reduce prices at their discretion. Look for goods that are damaged or near their sell-by dates, and don't be afraid to ask for a discount.


Spices, chopped tomatoes, coconut milk and pulses can often be cheaper in the world foods aisle.

When you live with diabetes, it pays to be label-savvy and check the carbs, salt and sugar content of what you're buying. If you follow a gluten-free diet, remember that items in the 'free-from' section may be cheaper elsewhere in store. All foods sold by UK supermarkets have to be clearly labelled with gluten and wheat information.



# EAT WELL FOR

## Maximise your food budget, manage your blood sugars, and get all the nutrition you need with our cost-saving tips

 Food prices are increasing, but you can reduce the cost of your meals, while still packing them full of nutrition.

### FRUIT AND VEG

■ Tinned fruit is a cheap and easy standby pudding or snack and counts towards your 5-a-day. Tinned fruit in juice is a more affordable choice than some fresh fruit. Add to sugar-free jelly, poach a few tinned pears and serve with low-sugar, low-fat custard or use in crumbles for an indulgent,

warming pudding. From a diabetes and overall health point of view, it's best to go for tinned fruit in natural juice rather than syrup. Alternatively, you can drain the syrup and wash the fruit before use.

■ Imported fruit and veg are more expensive. Check the country of origin, stay seasonal, and save money.

■ Any fresh or frozen fruit and veg can be included in your 5-a-day, apart from potatoes, yams, plantains and cassava, which are starchy carbohydrates.

■ Tinned veg in water or

juice, without added sugar or salt, counts towards your 5-a-day.

■ Loose produce, such as apples, are often cheaper than the packaged variety.

■ 'Wonky' fruit and veg are just as nutritious, and they usually cost less. Check and compare the cost per 100g on the label.

### RICE, BREAD AND STARCHY CARBS

■ Oats are cheap, particularly if you buy them in bulk. They're also a good source of a type of fibre that lowers your



# LESS

cholesterol levels and they are low in saturated fat.

- Ready-prepared porridge pots are more expensive, and many have added sugar — check the labels.

- Quinoa is a relatively cheap source of protein, low in saturated fat, gluten-free, rich in fibre and has a low glycaemic index rating. Its glucose is released more slowly into your bloodstream, which can help manage your blood sugar levels. It has a fluffy texture and slightly nutty flavour, and is a good alternative to rice.

- Wholegrain versions of bread, pasta, or rice can be as cheap as white. They

have more fibre and are better for managing blood sugar levels.

## BEANS, PULSES, FISH, EGGS, MEAT AND OTHER PROTEINS

- 3 heaped tbsp of pulses — like beans, lentils and peas, chickpeas, kidney and haricot beans — count as one of your 5-a-day.

- Pulses don't have a big impact on blood sugar levels, are low in saturated fat and a great source of cheap protein. They also contain a type of fibre that can lower your cholesterol and help you reach the fibre recommendation of

## DAIRY AND ALTERNATIVES

- Milk and dairy products, and their alternatives, form part of a healthy, balanced diet.

Some dairy foods can be high in fat and saturated fat, so choose lower-fat alternatives where you can.

- If you follow a dairy-free or vegan diet, choose unsweetened versions of dairy-free milks to help manage your blood sugars.

The website [Vegan Milks](#) lists the cheapest versions available in the UK.

30g a day for adults.

- Consider eating less meat — it's good for the planet, your health, and your wallet.

- Enjoy significant savings and health benefits by swapping meat for pulses in curries, stews, lasagne, Bolognese and chilli.



■ Extra-lean mince is a better choice from a health perspective, but it does cost more. Leaner types of meat such as turkey mince, or a soya-based alternative, are healthier than beef or lamb.

■ Try cooking meat in an air fryer, a pan with non-stick coating, or with a little water instead of fat or oil, to reduce your fat intake.

■ All nuts and seeds have great health benefits, regardless of their price. Choose unsalted versions to protect heart health.

■ Skin-on pieces of chicken and pieces with bones are cheaper than skinless, boneless options. Reduce your saturated fat intake by removing chicken skin before cooking.

■ Tinned fish is cheaper than fresh and doesn't even

need cooking. Tinned salmon, sardines, mackerel and pilchards are oily fish, which we recommend you eat twice a week for good heart health.

■ Frozen fish can be cheaper than fresh. Frozen fish fillets or pieces without added sauces or coatings are usually healthier than fish fingers or other breaded or battered fish, which contain added fat and salt.

## TRY BEFORE YOU BUY

■ Dry spices are a cheap way to add flavour and taste to your meal and are a healthy alternative to salt, which can raise your blood pressure.

■ Most supermarkets stock value ranges of popular herbs and spices, but buying a few of them at once can be costly. Often, a quick internet search can suggest using something you already have.

Check the labels of spice mixes, such as fajita or cajun seasoning, as these can have sugar and salt added.





**“Make your own vegetable crisps from beetroot, sweet potato and parsnip, without added fat or salt, for a fraction of the cost”**



- Check the labels: ‘value’ ranges of tinned foods sometimes have sugar and salt added.
- Fruit and veg, plain yogurt and unsalted nuts make cheap, filling and nutritious snacks.
- Making your own popcorn instead of buying it ready-made, or as an alternative to crisps, can save money. It can also be healthier if you have it plain or flavoured with herbs and spices instead of salt, sugar or butter.
- Adding vegetables such as peas, carrots, or sweetcorn to your rice

is an inexpensive way to add extra nutrients, colour and flavour to your meals, and help achieve your 5-a-day.

You can put frozen vegetables into the saucepan towards the end of the rice’s cooking time or simply stir them through the rice for a couple of minutes after it has cooked.

■ You can also add tinned vegetables to couscous. Choose those tinned in water, without added salt or sugar.

■ Make your own vegetable crisps from


beetroot, sweet potato and parsnip, without added fat or salt, for fraction of the cost. Slice the veg thinly, place on a lined tray and place in the oven at 175°C/gas 4 for 20 mins.

To make cinnamon-spiced apple chips, sprinkle sliced apple with 1tsp of cinnamon and a ¼tsp of nutmeg, and bake at 160°C/gas 3 for 45 mins, turning halfway through.

Cook your crisps and chips at the same time as another meal to save energy. See page 13 for more power-saving tips to help reduce cooking costs.

# ZERO WASTE

**Being inventive with ingredients and mindful of how much you'll eat can have health benefits and helps food go further**

 Food waste has a financial, environmental and social impact. Meal planning and watching portion sizes can help manage your diabetes, and these steps also greatly help reduce food waste.

“Zero waste is about reducing overconsumption and your reliance on plastic,” says Justine Rose, creator of the

sustainability blog, Little Green Duckie.

“This can often seem so unachievable to many people that they don't see any point in trying to change anything. It can also create a lot of 'green guilt.'

“Everyone's personal circumstances and local

facilities are different. I feel that any reduction I can make in my own waste is a positive achievement.

“No matter your situation, it's important to remember that 'zero waste' is more of a mindset and a journey, rather than something tangible that is always achievable.”





## KEEP IT IN PROPORTION

■ Larger portion sizes inevitably mean more calories, more carbs and diabetes that can be harder to manage. Our website has lots of ideas for managing your portion sizes: [diabetes.org.uk/supp-portion](https://diabetes.org.uk/supp-portion)

## THE COMPLEAT PICTURE

‘Compleating’ is about eating the whole ingredient or food and letting no edible parts go to waste.

■ Revive your wrinkled and wilted veg in a glass or bowl of cold water — they’ll perk up in less than 30 minutes.

■ Make mash with skins. Cut whole, clean potatoes, carrots or swede into small cubes and boil until soft. Drain, and mash them with some milk. You will never notice the skins, but will get all their nutritional benefits.

■ Sprout tops are the leaves from a fresh sprout ‘tree’. They’re a delicious substitute for cabbage leaves, chard or cavolo nero.

■ Wash cauliflower leaves, add spices such as cumin, turmeric or coriander, and stir in a small amount of vegetable or olive oil. Roast until crispy and slightly charred and enjoy as a side dish or in their own right. Try to cook at the same time as another dish to save energy.

■ Use the end slices of a loaf of bread to make mini pizza bases. Reduce your salt and sugar intake by making your own tomato sauce, and top with a variety of veg.

■ Beetroot skins taste great roasted in a little vegetable or olive oil.

The leaves are also delicious raw or cooked, just like chard or spinach.



## WASTE NOT

Take stock of what's lurking in the back of your cupboards and fridge. Check expiry dates and what looks least fresh, then plan meals around these.

- Put new items at the back of the fridge or cupboard and use older ingredients first.
- Keep an eye on what you often throw away. Bread, cheese, eggs, and most fruits and veg can be frozen. To freeze eggs, beat the yolk and white together, pour into a freezable container. Seal, date and freeze for up to a year.
- Shops will generally place items with the shortest 'best before' or 'use by' dates at the front of the shelves. Check further back for produce and ingredients that will last longer.

## IT'S A DATE

- Fresh foods past their 'use by' date may be unsafe to eat.
- Freezing can extend a food's life beyond the 'use by' date. It's important to follow the instructions on the pack, such as whether or not it needs fully defrosting before cooking.
- 'Best before' dates are for guidance. You can safely eat foods past this date, but they may not be at their best quality. Spices could lose some of their flavours, so you may need to add more to get the same intensity. Check if eggs are safe to eat by dropping them in a bowl of water — don't

consume any that float.

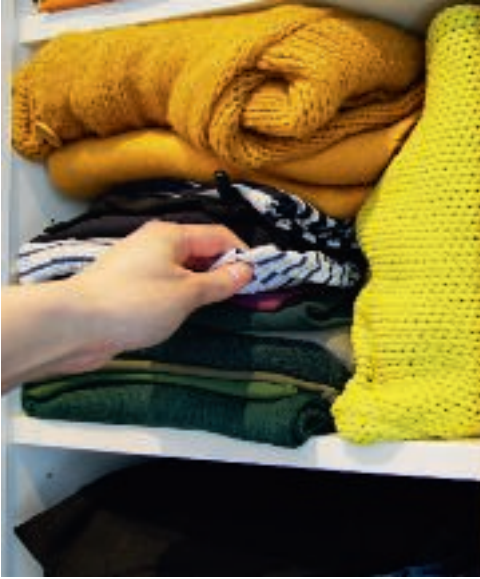
- Online discount retailer Approved Food sells products that are near or past their 'best before' date or products deemed difficult to sell by other retailers. The website Too Good to Go offers cheap food from restaurants and shops that is close to its sell by date.
- Food-sharing app Olio links you with others nearby who have surplus grub to give away.
- Our website has 100s of recipes, all approved by our team of dietitians and nutritionist. You can search by ingredient, according to what's in your fridge or cupboard.

## ZERO WASTE SNACK?

Roasted pumpkin seeds are nutritious, delicious, and super easy to make. Toss seeds in a bowl with cumin, paprika and chilli powder if you like spice, spread on a baking tray and bake for 10 mins at 150°C/gas 2. Cook at the same time as another dish to save energy — turn to page 13 for more power-saving ideas.



■ Visit [diabetes.org.uk/supp-recipe](https://diabetes.org.uk/supp-recipe)



# POWER OF GOOD

**Changing your kitchen habits, choosing the right appliances and being mindful of your energy use can result in big savings**

## THE HEAT IS ON

Cold weather can impact neuropathy symptoms in the hands, feet, fingers and toes. The most effective way to protect yourself from the cold is to wear multiple layers that can be added or removed, depending on the conditions. Stay as active as you can, as this will help you keep warm while improving overall blood circulation.

Cutting your central heating temperature by just one degree makes a big difference to the amount of energy a typical home uses.



The World Health Organisation says that 18 degrees is enough for healthy adults, with slightly higher temperatures needed for the very old or young.

A common question is whether it's cheaper to leave the heating on low all day or just turn it on when you need it.

The Energy Saving Trust recommends you should only have your heating on when required.

Most modern devices consume much less power



while on standby than they used to, but it's a good idea to turn off chargers and appliances at the plug when not in use. According to British Gas, these can use energy when left in a socket.

Devices such as games consoles, laptops and TVs



## WHAT'S COOKING

Around 20% of an average household's energy bill is consumed in the kitchen, according to the Energy Saving Trust.

Savings can be significant but vary between households, depending on the amount of food you're cooking, your appliances and your lifestyle.



## OVENS

Reducing oven use is the single most impactful thing an individual can do to reduce energy costs.

When you do use one, try turning it off 5–10 mins before the end of the cooking time specified in the recipe. The food will

finish in the residual heat.

Ovens may not be well insulated and can take a while to heat. So, when using the oven, don't roast or bake a single item. Batch cooking and freezing can reduce the cost of ingredients and energy.

### Don't waste residual heat from a cooling oven:

- Herbs that are past their best, such as thyme, can be dried on an oven rack to preserve them.

- Stale bread can be dried out and blitzed into breadcrumbs, and nuts and spices can be toasted to add extra flavour to your meals.

- Halve tomatoes, season with black pepper and a little unsaturated oil so they don't stick. Put in a roasting tray and leave in the hot oven until it's cool.

- Microwaves are pretty energy-efficient and useful for things like defrosting and reheating food and drink, and cooking veg.

- Slow cookers are equivalent in energy use to a microwave and draw about the same energy as an electric light bulb.

- Electric pressure cookers really shorten cooking time. They're great for curries, stews and soups.

also draw small amounts of power when not in use but still plugged in and turned on at the socket. This is sometimes known as 'vampire power,' but you can avoid this by switching devices off at the wall.

Replace old bulbs with energy-saving LED lights. And turn off lights when leaving a room, regardless of how long for.

If you're on an Economy 7 or 10 tariff, you'll pay a higher rate than average to run appliances during the day. But if you're on another tariff, it doesn't make any difference.

**“It's a good idea to turn off chargers and appliances at the plug when not in use”**


The Energy Saving Trust says installing thermostatic radiator valves and using them with your thermostat could save £75 per year.

Try using the thermostat to control the heat in your main living space and using thermostatic radiator valves to lower the heating in rooms you don't use as often.



# MEAL PLANNING

**We can help make eating nutritious, healthy and downright delicious food that bit easier**

 Meal planning is a great way to help you save money on food, as you'll only buy the food you need to follow a particular plan. Bulk-buying non-perishable food could also help you save money. Get the whole family involved, making sure their favourite healthy meals are included.

Following one of our meal plans could help improve your glucose, cholesterol and blood pressure, so it would be good for you to know your numbers before starting a new plan. Speak with your GP or diabetes team for advice.

## TOP TIPS

**1** Our website has 12 meal plans to choose from, including a low-carb plan and meals for one. But you might like to create your own, especially if you have specific dietary requirements. visit:

**[diabetes.org.uk/bal-meal-plan](https://diabetes.org.uk/bal-meal-plan)**

**2** Base your meals around fruit and veg, then add lean protein such as fish or plant-based protein like beans. Include wholegrains and a source of unsaturated fat like olive and rapeseed oil, plain nuts and seeds. Plain unsweetened

yogurt and milk should be included as well. Save money and eat more veg on meat-free Mondays.

**3** Write down the meals for the week and place the plan where your household can see it.

**4** Cook up a batch of lean mince or Quorn, making it go further by adding beans, pulses, or veg. Then create a shepherd's pie and freeze the rest to make lasagne and chilli con carne at a later date.

# MONDAY

1,860.9 kcal / 187.1g carbs / 29g fibre / 94.4 g protein / 7.5 fruit and veg

## Breakfast

Banana porridge: made with 27g uncooked oats, 250ml whole milk, 1 medium sliced 85g banana

329.4 kcal	48.7g carbs
3.2g fibre	11.5g protein
1 fruit and veg	

## Snack

70g avocado

133 kcal	1g carbs
3g fibre	1g protein
0.5 fruit and veg	

## Lunch

Scrambled eggs: 2 eggs mixed with milk on 2 slices medium cut wholemeal toast, with 10g veg oil-based spread and 80g sliced tomato

423 kcal	32g carbs
5g fibre	20g protein
1 fruit and veg	

## Snack

Fruit and nut bar

124 kcal	16.3g carbs
1g fibre	• 2.9g protein
0 fruit and veg	



## Dinner

Spiced mince and lentil stuffed peppers and 80g broccoli

411 kcal	31.8g carbs
13.3g fibre	39g protein
3 fruit and veg	

## Pudding

Hot soufflé apple and 125g natural yogurt

292 kcal	35.6g carbs
1.4g fibre	12g protein
1 fruit and veg	

## Snack

1 small 104g pear

45 kcal	11g carbs
3g fibre	0g protein
1 fruit and veg	

## Milk

225ml semi-skimmed milk

103.5 kcal	10.7g carbs
0g fibre	8g protein
0 fruit and veg	







### RECIPE TIPS

- Minced turkey or meat-free alternatives are healthier and may work out cheaper.
- Substitute the peppers with hollowed-out rings of marrow or large, flat mushrooms.
- If you don't have any tinned lentils in the cupboard, black beans would work just as well.

# Spiced mince and lentil stuffed peppers

Serves 2 | Prep: 20 mins | Cook: 1 hr 10 mins

- 1 small onion, chopped
- 200g lean beef mince (5% fat)
- 1 tsp ground cumin
- Pinch cayenne pepper
- 400g tin brown or green lentils
- 200g tin chopped tomatoes
- 1tbsp tomato purée
- 2tbsp mature Cheddar cheese, grated
- 1 yellow pepper, halved and deseeded
- 1 red pepper, halved and deseeded

- 1 Preheat the oven to 200°C/ gas 6. Place the onion and mince in a medium frying pan and fry for 5–6 mins until the mince has browned.
- 2 Add all the remaining ingredients, except the peppers and cheese, bring to the boil and simmer for 10 mins.

- 3 Place the pepper halves in an ovenproof dish, divide the mixture between them and sprinkle over the cheese.
- 4 Cover with foil and cook for 45 mins until the peppers are tender.
- 5 Remove the foil and cook for a further 10 mins until the cheese is golden. ▶▶

PER SERVING 418g

CARBS  
29.8g

CALS  
389

Sugars	Fat	Sat Fat	Salt	Protein	Fibre
13.8g	11.4g	5.5g	0.65g	36g	11.3g

4 portions of fruit and veg

# TUESDAY

1,833.1 kcal / 212.2g carbs / 30.8g fibre / 97.4 g protein / 7 fruit and veg

## Breakfast

2 wheat biscuits, 150ml semi-skimmed milk, 30g raisins and 10g pumpkin seeds

<b>333.5 kcal</b>	<b>58.5g carbs</b>
<b>6g fibre</b>	<b>10g protein</b>
<b>1 fruit and veg</b>	

## Snack

1 small 104g pear and 30g plain almonds

<b>229 kcal</b>	<b>13g carbs</b>
<b>5g fibre</b>	<b>6g protein</b>
<b>1 fruit and veg</b>	

## Lunch

Crisp salmon salad and 125g natural yogurt

<b>442 kcal</b>	<b>35.3g carbs</b>
<b>4.2g fibre</b>	<b>31.3g protein</b>
<b>1 fruit and veg</b>	

## Snack

1 slice medium cut wholemeal toast and 15g smooth peanut butter

<b>163 kcal</b>	<b>16g carbs</b>
<b>3g fibre</b>	<b>6g protein</b>
<b>0 fruit and veg</b>	



## Dinner

Turkey and mushroom mince, and 1 medium 180g baked potato

<b>397.6 kcal</b>	<b>53g carbs</b>
<b>9.6g fibre</b>	<b>33.6g protein</b>
<b>2 fruit and veg</b>	

## Pudding

80g tinned peaches in juice, and 60g ready-made custard

<b>88 kcal</b>	<b>18g carbs</b>
<b>1g fibre</b>	<b>2g protein</b>
<b>1 fruit and veg</b>	

## Snack

1 medium 140g orange

<b>38 kcal</b>	<b>8g carbs</b>
<b>2g fibre</b>	<b>1g protein</b>
<b>1 fruit and veg</b>	

## Milk

225ml semi-skimmed milk

<b>103.5 kcal</b>	<b>10.7g carbs</b>
<b>0g fibre</b>	<b>8g protein</b>
<b>0 fruit and veg</b>	





**RECIPE TIPS**

- This is ideal served with leafy green vegetables and baked sweet potatoes.
- Try a vegan mince alternative and a veg stock cube.

# Turkey and mushroom mince

Serves 6 | Prep: 5 mins | Cook: 15 mins

- 1tsp sunflower oil
- 3 onions, finely chopped
- 3 carrots, finely diced
- 500g turkey thigh mince
- 250g mushrooms, sliced
- 1 stick celery, finely diced
- 1 heaped tbs plain flour
- 1 low-salt chicken stock cube, dissolved in 500ml boiling water
- Good pinch white pepper
- 2tsp reduced-salt soy sauce

- 1 Heat the oil in a pan. Add the onions and carrots and cook 4–5 mins until the onions start to brown.
- 2 Add the mince, mushrooms and celery. Cook for 4–5 mins, breaking up any clumps of mince with a wooden spoon.

- 3 Sprinkle over the flour and mix well so that everything is coated. Gradually pour in the stock, stirring continuously until it starts to thicken.
- 4 Add the pepper and soy sauce, stir and reduce the heat to low. Cover and simmer gently for 3–4 mins. ▷▷

PER SERVING 214g

<p>CARBS <b>11.6g</b></p>	<p>CALS <b>223</b></p>
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Sugars <b>7.8g</b>	Fat <b>7.2g</b>	Sat Fat <b>2.1g</b>	Salt <b>0.64g</b>	Protein <b>28.2g</b>	Fibre <b>4.2g</b>
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2 portions of fruit and veg

# WEDNESDAY

1,748.4 kcal / 193.2g carbs / 27.6g fibre / 79.3 g protein / 8 fruit and veg



## Breakfast

Pineapple porridge: made with 27g uncooked oats, 250ml whole milk and 80g canned pineapple in juice

298.4 kcal	41.7g carbs
3.2g fibre	10.5g protein
1 fruit and veg	

## Snack

1 small 85g apple

37 kcal	9g carbs
1g fibre	0g protein
1 fruit and veg	

## Lunch

Half an avocado, 95g grilled chicken breast, 40g mixed salad leaves, 80g cherry tomatoes, 80g cucumber and 65g new potatoes and 1tbsp light mayo

398 kcal	17g carbs
7g fibre	34g protein
3 fruit and veg	

## WASTE NOT

Mash the other half of the avocado from lunch, add some lemon or lime juice and freeze for up to six months to use in guacamole, salad dressings or spread on toast.

## Snack

1 small 104g pear and 30g plain almonds

229 kcal	13g carbs
5g fibre	6g protein
1 fruit and veg	

## Dinner

Potato and lentil curry

282 kcal	52.9g carbs
8.4g fibre	8.4g protein
1 fruit and veg	

## Pudding

Fruit and nut bar

124 kcal	16.3g carbs
1g fibre	2.9g protein
0 fruit and veg	

## Snack

125g natural yogurt, 30g raisins and 10g pumpkin seeds

238 kcal	33g carbs
2g fibre	10g protein
1 fruit and veg	

## Milk

225ml whole milk

142 kcal	10.3g carbs
0g fibre	7.5g protein
0 fruit and veg	

# Potato and lentil curry

Serves 4 | Prep: 15 mins | Cook: 40–45 mins

VEGETARIAN | VEGAN

1tsp sunflower oil  
 1 onion, chopped  
 1tsp mustard seeds  
 2cm fresh ginger, grated  
 1tsp chilli powder  
 1tsp ground coriander  
 Pinch turmeric  
 6tbsp fresh coriander  
 leaves and finely

chopped stalks  
 200g chopped tomatoes  
 2tbsp tomato purée  
 125g yellow lentils,  
 washed and drained  
 600ml vegetable stock  
 900g floury potatoes,  
 peeled and cubed  
 Fresh coriander, to serve

PER SERVING 461g



1 portion of fruit and veg

1 Heat the sunflower oil in a medium saucepan. Add the onion and fry for 2–3 mins. Add the mustard seeds, ginger, chilli powder, coriander, turmeric and fresh coriander and continue to fry for 1 min.

2 Add the tomatoes, tomato purée and lentils to the pan and pour over the stock. Bring to the boil, reduce the heat, cover and simmer for 25 mins or until the lentils are almost tender.

3 Stir in the potatoes and continue to cook for 10–15 mins until tender. Stir through the coriander leaves and serve with a yogurt raita.



## RECIPE TIPS

- You could use sweet potatoes rather than white potatoes — they count towards your 5-a-day.
- For a quick red onion relish to serve with the curry, thinly slice 1 red onion and 1 finely chopped tomato, mix with the juice of 1 lemon and a small pinch of salt. Allow to infuse for 10 mins before serving.



# THURSDAY

1,882 kcal / 206.2g carbs / 40.1g fibre / 92.3 g protein / 9 fruit and veg

## Breakfast

2 wheat biscuits, 150ml whole milk, 30g raisins and 10g pumpkin seeds

359.5 kcal	58.5g carbs
6g fibre	11.5g protein
1 fruit and veg	

## Snack

50g cottage cheese and 80g cherry tomatoes

70 kcal	5g carbs
1g fibre	6g protein
1 fruit and veg	

## Lunch

Roast butternut squash and red lentil soup

272 kcal	35.5g carbs
7.6g fibre	10.1g protein
3 fruit and veg	

## Snack

1 medium 140g orange and 30g almonds

222 kcal	10g carbs
4g fibre	7g protein
1 fruit and veg	



## Dinner

Tortillas stuffed with chicken and salad

484 kcal	60.5g carbs
17.5g fibre	33.7g protein
3 fruit and veg	

## Pudding

125g natural yogurt

99 kcal	10g carbs
0g fibre	7g protein
0 fruit and veg	

## Snack

2 oatcakes topped with 2tbsp smooth peanut butter

272 kcal	16g carbs
4g fibre	9g protein
0 fruit and veg	

## Milk

225ml semi-skimmed milk

103.5 kcal	10.7g carbs
0g fibre	8g protein
0 fruit and veg	

# Tortillas stuffed with chicken and salad

Serves 2 | Prep: 20 mins | Cook: 10 mins



**1** Heat the oil in a non-stick frying pan. Add the onion and red pepper and fry for 2–3 mins, until softened. Add the chicken and fry for 3–4 mins, until browned and cooked through.

**2** Meanwhile, in a bowl, mash together the kidney beans and crème fraîche. Warm the tortillas.

**3** Divide the bean mixture between the tortillas and spoon over the chicken mixture. Add the carrot and salad leaves, season well, roll up and serve. ▶▶

## RECIPE TIPS

- You can replace the chicken with cheaper sliced turkey escalopes or 200g of sliced mushrooms.

- Freeze any leftover tortillas from the pack to reduce waste.

1tsp olive oil  
 1 small onion, chopped  
 1 red pepper, sliced  
 1 skinless, chicken breast, sliced (150g)  
 1 x 400g tin red kidney beans, drained and rinsed  
 1tbsp half-fat crème fraîche  
 2 small flour tortillas

1 carrot, peeled and grated  
 60g mixed salad leaves  
 Freshly ground black pepper

PER SERVING 469g

CARBS  
 60.5g

CALS  
 484

Sugars	Fat	Sat Fat	Salt	Protein	Fibre
11.7g	8g	2.9g	1.1g	33.7g	17.5g

3 portions of fruit and veg

# FRIDAY

1,831 kcal / 172.1g carbs / 33.4g fibre / 93.4 g protein / 8 fruit and veg

## Breakfast

30g no added sugar muesli,  
200ml whole milk and 85g banana

302 kcal	48g carbs
4g fibre	10g protein
1 fruit and veg	

## Snack

2 oatcakes and 50g cream cheese

215 kcal	14g carbs
2g fibre	5g protein
0 fruit and veg	

## Lunch

2 slices medium cut wholemeal  
bread, 25g Cheddar cheese,  
10g veg oil-based spread and  
130g tomato

320 kcal	32g carbs
5g fibre	13g protein
1 fruit and veg	

## Snack

1 slice 30g malt loaf with  
10g veg oil-based spread

172 kcal	18g carbs
1g fibre	2g protein
0 fruit and veg	



## Dinner

Fish parcels with 80g broccoli and  
80g cauliflower

359 kcal	27.8g carbs
18.4g fibre	42.9g protein
5 fruit and veg	

## Pudding

125g natural yogurt and 80g  
canned pineapple in juice

137 kcal	20g carbs
1g fibre	7g protein
1 fruit and veg	

## Snack

30g plain almonds

184 kcal	2g carbs
2g fibre	6g protein
0 fruit and veg	

## Milk

225ml whole milk

142 kcal	10.3g carbs
0g fibre	7.5g protein
0 fruit and veg	





# Fish parcels

Serves 1 | Prep: 10 mins | Cook: 15 mins

GLUTEN-FREE

- 1 piece chunky white fish fillet, skinned (approx.125g)
- 1 large leek (200g), finely sliced
- 1 x 215g can butter beans, drained and rinsed
- Sprig parsley, chopped
- 1 tbsp reduced-fat crème fraîche mixed with 1tbsp stock
- Freshly ground black pepper

- 1 Preheat the oven to 200°C/gas 6.
- 2 Cut a large square of foil, approx 25cm x 25cm.
- 3 Place the fish, leeks, beans and parsley into the centre of the foil and spoon over the crème fraîche and

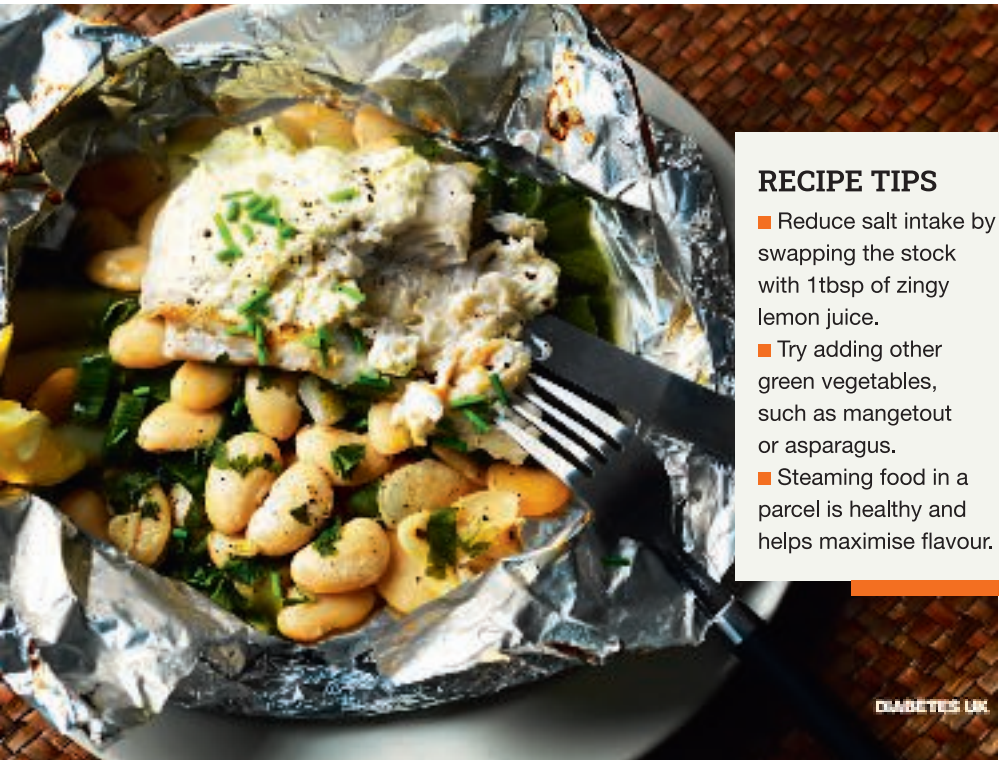
- stock mix, season with the pepper, then fold and secure into a parcel.
- 4 Place on a baking sheet and cook for 15 mins. Open the parcel and transfer to a serving plate. Serve with a lemon wedge.

PER SERVING 514g

<p>CARBS <b>22.7g</b></p>	<p>CALS <b>314</b></p>
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Sugars	Fat	Sat Fat	Salt	Protein	Fibre
6g	4.8g	2.1g	0.5g	37.9g	14.1g

3 portions of fruit and veg



## RECIPE TIPS

- Reduce salt intake by swapping the stock with 1tbsp of zingy lemon juice.
- Try adding other green vegetables, such as mangetout or asparagus.
- Steaming food in a parcel is healthy and helps maximise flavour.



# SATURDAY

1,837.9 kcal / 189.4g carbs / 42.5g fibre / 84.9 g protein / 10 fruit and veg

## Breakfast

Banana porridge: made with 27g uncooked oats, 250ml whole milk and 1 medium sliced 85g banana

329.4 kcal	48.7g carbs
3.2g fibre	11.5g protein
1 fruit and veg	

## Snack

1 medium 140g orange

38 kcal	8g carbs
2g fibre	1g protein
1 fruit and veg	

## Lunch

2 slices medium cut wholemeal bread, with 85g canned salmon in water, drained and mixed with 1tbsp light mayo and 80g canned sweetcorn

385 kcal	40g carbs
6g fibre	28g protein
1 fruit and veg	

## Snack

50g cottage cheese, 80g cherry tomatoes and 30g pumpkin seeds

240 kcal	10g carbs
3g fibre	8g protein
1 fruit and veg	

## Dinner

Butternut squash and borlotti bean stew

242 kcal	31g carbs
22.3g fibre	13.4g protein
5 fruit and veg	

## Pudding

125g natural yogurt, 1 small 104g pear and 30g plain almonds

328 kcal	23g carbs
5g fibre	13g protein
1 fruit and veg	

## Snack

1 slice 30g malt loaf with 10g veg oil-based spread

172 kcal	18g carbs
1g fibre	2g protein
0 fruit and veg	

## Milk

225ml semi-skimmed milk

103.5 kcal	10.7g carbs
0g fibre	8g protein
0 fruit and veg	



# Butternut squash and borlotti bean stew

Serves 6 | Prep: 15 mins | Cook: 30–35 mins

VEGETARIAN | VEGAN



## RECIPE TIPS

- Any beans work well; use whatever you have.
- Stuff the stew into halved peppers and bake at 180°C/gas 4 for 15 mins until the pepper is soft.

1tsp rapeseed oil  
 2 red onions, chopped  
 1 medium butternut squash, deseeded, peeled and cubed  
 1 green pepper, chopped  
 1 vegetable stock cube dissolved in 500ml water  
 2 x 400g cans chopped tomatoes  
 50g dried red lentils  
 1tsp dried oregano

Good pinch chilli flakes  
 4 cloves garlic, crushed  
 2 x 400g cans borlotti beans, drained  
 Good grind black pepper  
 1tbsp chopped parsley, to garnish

PER SERVING 454g

CARBS  
31g

CALS  
242

Sugars	Fat	Sat Fat	Salt	Protein	Fibre
14.4g	2.2g	0.4g	0.6g	13.4g	22.3g

5 portions of fruit and veg

- 1 Heat the oil in a pan and add the onions, squash and green pepper. Stir regularly for 5 mins until starting to brown.
- 2 Add the stock, tomatoes, red lentils, oregano, chilli and garlic. Bring to the boil, reduce the heat, add a lid and simmer for 10 mins.
- 3 Add the beans and heat for a further 10 mins, check the squash is cooked through until tender. Serve with a good grind of black pepper and a sprinkle of parsley.



# SUNDAY

1,743 kcal / 128g carbs / 28.1g fibre / 107.7 g protein / 8 fruit and veg

## Breakfast

Scrambled eggs: 2 eggs mixed with milk on 1 slice medium cut wholemeal toast with 10g veg oil-based spread and 80g sliced tomato

351 kcal	18g carbs
3g fibre	17g protein
1 fruit and veg	

## Snack

1 small 104g pear

45 kcal	11g carbs
3g fibre	0g protein
1 fruit and veg	

## Lunch

Cauliflower and leek soup topped with 20g pumpkin seeds

268 kcal	22.1g carbs
9.7g fibre	13.1g protein
3 fruit and veg	

## Snack

30g plain almonds and 25g cheddar cheese

288 kcal	2g carbs
2g fibre	12g protein
0 fruit and veg	



## Dinner

Roast chicken with 195g new potatoes, 115ml gravy, 80g broccoli and 80g green beans

420 kcal	39.3g carbs
9.4g fibre	46.1g protein
2 fruit and veg	

## Pudding

80g tinned peaches in juice and 125g natural yogurt

130 kcal	18g carbs
1g fibre	7g protein
1 fruit and veg	

## Snack

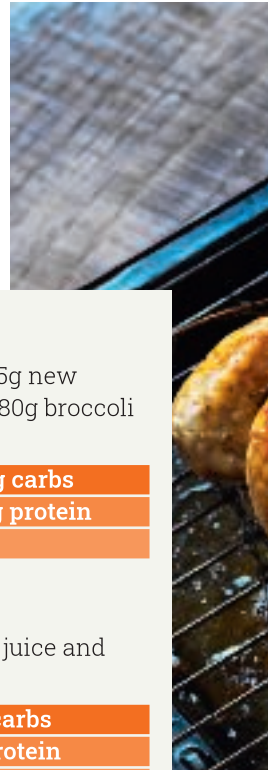
Mug of hot chocolate made from 150ml whole milk, 1tsp cocoa powder and calorie-free sweetener

99 kcal	7.3g carbs
0g fibre	5g protein
0 fruit and veg	

## Milk

225ml whole milk

142 kcal	10.3g carbs
0g fibre	7.5g protein
0 fruit and veg	





### RECIPE TIPS

■ If using the pan juices for gravy, pour into a jug and allow to stand for a few mins. The fat will float to the top, which you can remove.

## Roast chicken

Serves 8 | Prep: 10 mins | Cook: 1 hour 50 mins  
+ 15 resting time

DAIRY-FREE | GLUTEN-FREE

2kg whole chicken

1 lemon, halved

Good handful fresh herbs,  
such as rosemary  
or thyme

Freshly ground black  
pepper

300ml boiling water

1 Preheat the oven to  
180°C/gas 4.

2 Place the chicken onto

PER SERVING 181g

CARBS  
0.3g

CALS  
209

Sugars  
0.2g

Fat  
6.5g

Sat Fat  
1.8g

Salt  
0.33g

Protein  
37.1g

Fibre  
0.4g

0 portions of fruit and veg

a rack and place over a roasting tin. Squeeze the lemon over the bird and place the lemon shells in the cavity of the bird.

**3** Place some of the herbs on top of the bird and place the remaining herbs into the cavity. Season with black pepper.

**4** Pour the water into the roasting tin, then place in the oven and cook for 45 mins per kilo, plus 20 mins (1 hr and 50 mins for a 2kg bird), topping up the water if necessary.

**5** Take out of the oven, cover with foil and allow to stand for 15 mins.

**6** Remove the skin, carve, and serve with potatoes and plenty of vegetables.



# STORE CUPBOARD

**The right staples will allow you to easily whip up your favourite healthy meals, or help inspire new ones**

➔ When organising your store cupboard, choose a spot furthest away from the oven or hob, as the heat from these will speed up deterioration of most foods.

Airtight containers preserve the shelf life of everything from herbs and spices to flour, nuts and seeds. These don't need to be expensive. Recycled jam or coffee jars are excellent.

Label them to keep track of what's inside.

Regularly check the dates on labels. If something is nearing its best before date, bring it to the front of the cupboard to remind you to use it.

It's worth having an occasional spring clean, too. You'll be able to easily see what's at your disposal if your cupboard is tidy and well-organised.

## BASIC STORE CUPBOARD ESSENTIALS

These products are key to any kitchen and will come in handy for multiple recipes.

- tinned fish
- tinned chickpeas, beans and lentils
- tinned tomatoes
- flour and dried fruit
- grains: couscous, quinoa and buckwheat
- tinned fruit and veg
- nuts and seeds
- herbs and spices

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“  
My favourite thing is that Learning Zone asks questions about your own life first, so you get a more personal experience.  
”

Lorna

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We'd love to know what you think of this booklet, so we can keep providing you with resources that make life with diabetes easier to manage. Scan the QR code to share your feedback. ■ Email: [content@diabetes.org.uk](mailto:content@diabetes.org.uk)



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