















Your seven-day budget dinner menu

If you're on a budget or want to save some money, why not try these quick and easy healthy meals for seven dinners and see how cheaply you can eat?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
Meat & fish	Mackerel salsa wrap  £1.87	Chicken and spinach burritos  £1.66	Turkey in creamy leak sauce  £1.33	Thai chicken stir-fry  £1.98	Fish pie  £1.21	Chicken and lentil curry  £1.40	Moroccan lamb burger  97p	Week's total (per serving) £10.42		
	Vegetarian	Red lentil soup  55p	Easy bean enchiladas  £1.44	Polenta with roasted vegetables  £1.32	Vegetable pad thai  £1.21	Vegetable Chilli  71p	Potato and lentil curry  56p		Black eyed bean burger  44p	Week's total (per serving) £6.23

Please note:

- These prices are per serving.
- These are dinner options to try.
- Keep an eye on what you are eating the rest of the day to ensure a healthy, balanced diet.
- If you aren't a vegetarian, try to alternate between the meat & fish and vegetarian options.
- All these recipes are available at diabetes.org.uk/recipes
- Prices correct as of September 2015.

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