



## Jamie's veggie budget-friendly meal plan shopping list

Hello!

For each week, we've listed everything you'll need to make 5 delicious family meals. But before you start shopping, check what you've already got in your cupboards, fridge or freezer to reduce any waste. It's also worth checking out our 'easy swap' tips alongside each recipe – you might already have alternative ingredients that will do the trick.

If you have the means, it's also a great idea to buy some store-cupboard and freezer items in bulk (such as dried pasta or frozen peas), as these ingredients are often repeated across the 4 weeks. So before shopping, we'd recommend checking off what you've already got from this list, and keeping in mind that some things might be worth buying in bulk.

We've also included separate lists of brilliant BONUS recipes (think lovely puds and bakes), so you can decide whether to shop for these or not. Happy cooking!

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### WEEK 1

#### **Fresh fruit, veg & herbs**

- 1 clove of garlic
- 6 sweet potatoes (250g each)
- 1 bunch of spring onions
- 1 red pepper
- 1 head of broccoli (375g)
- 1 x 80g bag of watercress, spinach & rocket
- 600g Maris Piper potatoes
- 1 leek
- 1 bunch of fresh basil (30g)
- 1 bunch of fresh coriander (30g)
- 4 carrots
- 4 tomatoes
- ½ lemon



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### Dairy & chilled items

- 80g feta cheese
- 200g mature Cheddar cheese
- 85g mozzarella cheese
- 8 large eggs
- 1 litre semi-skimmed milk
- 4 tablespoons yoghurt or soured cream

### From the freezer

- 500g fresh or frozen chopped mixed onion, carrot & celery
- 300g frozen peas
- 500g frozen broccoli

### From the store cupboard

- olive oil
- extra virgin olive oil
- 3 x 400g tins of black beans
- 4 x 400g tins of plum tomatoes
- 1 x 95g jar of chipotle chilli paste
- 250g dried lasagne sheets
- 50g stale bread
- 400g strong white bread flour
- 100g fine ground semolina flour or strong white bread flour
- ½ a tablespoon golden caster sugar
- 1 x 7g sachet of dried yeast
- 2 heaped tablespoons plain flour
- 1 teaspoon cumin seeds
- 1 teaspoon smoked paprika
- 1 teaspoon dried mint
- 2 teaspoons English mustard
- 300g rice
- A little hot chilli sauce (to serve with the sweet potato chilli salad bowl)



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### BONUS RECIPE

#### Frozen fruit & almond crumble

- 1kg mixed frozen berries and cherries
  - 100g sugar (I used a mixture of golden caster, soft brown and demerara)
  - ½ an orange
  - 50g unsalted butter
  - 100g plain flour
  - 100g flaked almonds
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### WEEK 2

#### Fresh fruit, veg & herbs

- 8 cloves of garlic
- 7cm piece of ginger
- 1 large aubergine (400g)
- 3 fresh mixed-colour chillies (make sure you have 1 red chilli)
- 1 red onion
- 1 onion
- 2 red peppers
- 3 mixed-colour peppers (make sure you have 1 yellow pepper)
- ¼ of a Chinese cabbage (180g)
- 100g sugar snap peas
- 2 bunches of spring onions
- 100g beansprouts
- 2 limes
- 500g sweet potatoes
- lime or lemon juice, or vinegar, to taste
- 1 head of broccoli
- 1 x 80g bag of watercress, spinach & rocket
- 600g Maris Piper potatoes
- 1 parsnip
- 2 carrots
- ½ a butternut squash (600g)
- 1 courgette
- 1 small leek
- 1 small sprig of rosemary
- 1 bunch of fresh coriander (30g)



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### Dairy & chilled items

- 60g Cheddar cheese
- 100g feta cheese
- 4 large eggs
- 1 small knob of unsalted butter

### From the freezer

- 200g frozen peas
- 300g frozen spinach
- 200g frozen cauliflower

### From the store cupboard

- red wine vinegar
- 1 x 400g tin of black beans
- 2 x 400g tins of beans, such as kidney, chickpea, pinto, cannellini
- 3 x 400g tins of plum tomatoes
- 1 x 400g tin of cannellini beans
- 1 x 400g tin of light coconut milk
- 200g dried Puy lentils
- 250g thin egg noodles
- low-salt soy sauce
- 2 tablespoons mango chutney
- 1 heaped teaspoon Madras curry paste
- 3 tablespoons plum sauce
- 1 tablespoon runny honey
- 2 tablespoons vegetable oil
- optional: sesame oil
- 600g self-raising flour, plus extra for dusting
- 6 cloves
- ½ teaspoon smoked paprika
- 1 level teaspoon cayenne pepper, plus extra for sprinkling
- 1 heaped teaspoon ground cumin, plus extra for sprinkling
- 1 level teaspoon ground cinnamon, plus extra for sprinkling
- 2 black or green cardamom pods
- 1 teaspoon cumin seeds
- 1 teaspoon black mustard seeds
- 1½ cinnamon sticks



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### BONUS RECIPE

#### Banana bread

- 125g unsalted butter, plus extra for greasing (at room temperature)
  - 2 large eggs
  - 4 ripe bananas
  - 2 tablespoons runny honey
  - 2 tablespoons unsweetened apple juice
  - 250g self-raising flour, plus extra for dusting
  - 1 big pinch of ground cinnamon
  - 50g pecans (optional)
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### WEEK 3

#### Fresh fruit, veg & herbs

- 5 cloves of garlic
- 6cm piece of ginger
- 600g Maris Piper potatoes + 4 large Maris Piper potatoes
- 600g sweet potatoes
- 4 onions
- 2 lemons (1 optional, to serve)
- 4 carrots
- 5 sticks of celery
- 350g chestnut mushrooms
- 2 large handfuls of seasonal greens, such as savoy cabbage, curly kale, chard
- 1 bunch of spring onions + 2 spring onions
- 1 head of broccoli (375g) + 80g broccoli
- 1 red pepper
- 1 x 80g bag of watercress, spinach & rocket
- 500g butternut squash
- ½ a fresh red chilli
- 1 lime
- 5 sprigs of fresh flat-leaf parsley
- 2 sprigs of fresh rosemary
- ½ a bunch of fresh thyme (15g)

#### Dairy & chilled items

- 40g dairy-free margarine (or butter or margarine if you're not vegan)
- 2 knobs of unsalted butter



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60g Parmesan cheese, Grana Padano or veggie alternative, plus extra to serve  
80g Cheddar cheese

### From the freezer

480g mixed frozen green veg, such as spinach, green beans, peas

### From the store cupboard

1 x 400g tin of lentils  
1 x 400g tin of chickpeas  
2 x 400g tins of plum tomatoes  
2 x 400g tins of beans, such as cannellini, butter, or mixed  
2 x 400g tins of cannellini beans  
12 sun-dried tomatoes  
crusty bread (to serve with minestrone soup – you'll also need 30g to make fresh breadcrumbs for your batch-cook Vegan shepherd's pie)  
100g dried pasta  
300g risotto rice  
3 vegetable stock cubes  
optional: red wine (vegan if required)  
optional: 125ml white wine  
2 tablespoons balsamic vinegar  
2 tablespoons sesame seeds  
low-salt soy sauce  
a little English mustard  
1 teaspoon red miso paste  
1 tablespoon rice wine vinegar  
24 x 10cm square wonton wrappers  
2 fresh bay leaves  
1 tablespoon coriander seeds  
1 heaped teaspoon smoked paprika

### BONUS RECIPE

#### Mango rice pudding

150g pudding rice  
4 star anise  
250g frozen mango chunks  
4 tablespoons runny honey  
4 tablespoons Greek-style coconut yoghurt or yoghurt of your choice

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### WEEK 4

#### Fresh fruit and veg & fresh herbs

4 cloves of garlic

1 fresh red chilli

1 large handful of tenderstem broccoli spears

6 spring onions

1 leek

1 bunch of fresh basil (30g)

optional: fresh herbs, such as basil, parsley or mint (to serve with Quick green pasta)

#### Dairy & chilled items

130g Parmesan cheese, Grana Padano or vegetarian alternative

#### From the freezer

100g frozen spinach

2 large handfuls of frozen peas

#### From the store cupboard

1 x 400g tin of plum tomatoes

450g dried pasta

300g dried spaghetti

#### BONUS RECIPE

##### Nan's peach clafoutis

3 tablespoons plain flour

5 tablespoons golden caster sugar

3 large eggs

450ml milk

1 whole nutmeg, for grating

50g unsalted butter

400g tinned peach halves in juice

vanilla ice cream, to serve