



BUDGET BITES

Eat well, spend less



DEAR SUPPORTER,

Thank you for choosing World Cancer Research Fund's cookbook, *Budget Bites*.

Whether you are cooking for yourself or your whole family, there's no better time than now to cook healthier meals while making savings. We want to show you that healthy food doesn't need to be bland, costly, difficult or time-consuming to prepare, whatever you may think.

Our Budget Bites cookbook brings together nutritious and flavourful dishes while still being budget friendly. It also looks at some common myths around eating well, while giving you some top tips, from weekly food shops to meal prepping like a pro.

The focus of the recipes in this cookbook is on using nutritious, everyday affordable ingredients, and at the same time making sure they all follow our Cancer Prevention Recommendations. We have also ensured that all the recipes contain no added salt or sugar. Have a look through our recipes to see how you can reduce the cost of your meals without skimping on the flavour. Remember, eating well doesn't have to be expensive.

We have a range of recipes, including vegetarian and vegan options, so we are confident you will find something you like or that suits your whole family.

We hope you enjoy these recipes as much as we do, and please do share them with your friends and family and help us spread our cancer prevention messages.

Best wishes,

A handwritten signature in black ink that reads "Zoe Griffiths". The script is cursive and fluid, with the first name "Zoe" and last name "Griffiths" clearly distinguishable.

Zoe Griffiths

Registered Nutritionist

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The nutrition information on our recipes is calculated by our Registered Nutritionists and is based on products that contain the lowest possible amount of fat, sugar and salt. Use this information as a guide, as it may vary depending on the products you choose to buy. If you adjust the recipes, the nutrition information will no longer be accurate.

When shopping, choose foods without added sugar and salt, and opt for low and reduced-fat, low sugar and reduced-salt versions, where possible.

All recipe costs are correct at the time of printing, but they may change over time and vary by supermarket.



GETTING STARTED

Do you want to cook in a healthier and more sustainable way for both your budget and your health? The store cupboard staples list below is a great place to start, with some simple foods we believe are essential to keep stocked up on at home or to keep on your weekly shopping list. These nutritious and affordable staples are ideal for use in our recipes, but also for last-minute meals or when you have no time to get to the shops. Also, take a look at our recipe website for lots more healthy meal ideas [wcrf.org/recipes](https://www.wcrf.org/recipes)

Store cupboard staples

Tinned ingredients:

- Chickpeas
- Lentils
- Beans
- Vegetables
- Tomatoes
- Tinned fish like tuna, sardines, mackerel and pilchards
- Fruit (in juice not syrup)



Oils:

- Vegetable oils, like sunflower, rapeseed or olive oils



Dried ingredients:

- Herbs and spices
- Wholewheat pasta and brown rice
- Wholemeal bread
- Pulses like lentils
- Fruit
- Potatoes
- Onions



Fridge staples

- Vegetables – eg carrots
- Lower-fat milk or plant based alternatives like soya or oat
- Low-fat yoghurt
- Eggs



TOP TIPS FOR COOKING ON A BUDGET



Plan your weekly meals

Planning your weekly meals is a great way to eat well on a budget because you're less likely to overbuy and throw away food that's gone bad. We've included a weekly meal planning template at the back of this cookbook to help with your planning.

Weekly shop

Make a shopping list based on your meal plan to avoid overbuying when you're at the supermarket. If weekly shops aren't possible, shopping less often can help avoid unnecessary purchases.

Check our cupboard staples for ideas on what to keep in the cupboard that lasts longer and can be stocked up at home.

Online shopping lets you check the cost of your basket, and remember supermarket own-brands are often just as good as branded.



Don't shop hungry

When you shop hungry, you're more likely to crave and buy processed foods high in fat, sugar and salt like crisps, chocolate and sweets. This can add up the cost of your basket, so eat a snack or meal before going to the shops.



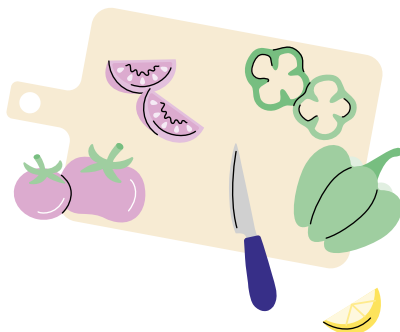
Buy seasonal

Seasonal fruit and veg can be cheaper because they're often grown locally and cost less to produce.



Eat more plants!

Buy more plant-based foods like fruit, vegetables, pulses (like chickpeas) and wholegrains (like brown rice), as these are often cheaper than animal products like meat.



Stock up on frozen and tinned fruit, veg and pulses

They last longer, and are just as nutritious and often cheaper. Frozen fruit is great in smoothies, porridge and desserts. Frozen veg can save time, and are great in casseroles, stews and stir-fries. Tinned veg and pulses (like chickpeas) are great to add to salads, stews and soups.

Remember: when buying tinned products always choose those with no added salt or sugar.



RED KIDNEY BEAN ENCHILADAS

INGREDIENTS

1 tbsp vegetable oil
1 onion, diced
1 red pepper, cut into strips
1 clove garlic, crushed
½ tsp hot chilli powder
1 tsp ground cumin
400g tin chopped tomatoes
400g tin red kidney beans, drained and rinsed
8 wholemeal tortillas
1 red onion, chopped
2 tomatoes, chopped
80g iceberg lettuce, cut lengthways into strips
50g reduced-fat Cheddar cheese, grated

METHOD

To make the tomato sauce:

1. Heat the oil in a large non-stick pan over a medium heat.
2. Add the onions and red pepper and cook until they start to soften. Then add the garlic and cook for a further minute.
3. Add the hot chilli powder and ground cumin and cook for a further 2 minutes.
4. Add the tinned tomatoes and red kidney beans and cook for 2-3 minutes until the red kidney beans have been heated through thoroughly.

To assemble the enchiladas:

1. Heat the tortillas according to packet instructions.
2. Open the first tortilla and spread some of the tomato sauce across the centre of the tortilla.
3. Sprinkle on some red onion, tomato, iceberg lettuce and cheese.
4. Fold up the tortilla to encase the filling and repeat for the rest of the tortillas.
5. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **25 minutes**

Cost per dish: **£3.70 (based on serving 4)**

5 A DAY
4.5

Fibre
17g

Protein
22g

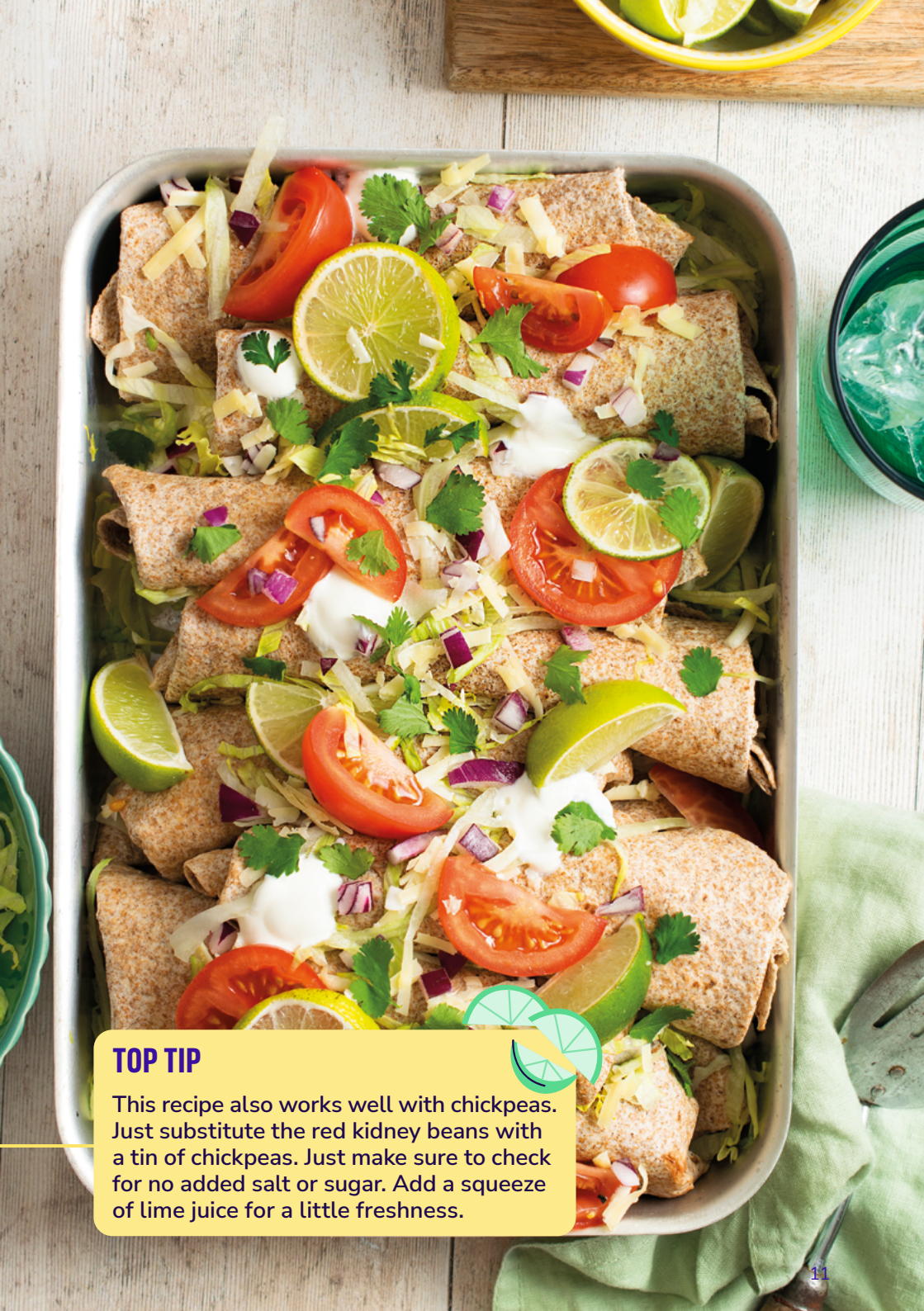
Calories
505

Fat
12g

Sugar
15g

Salt
1.1g

Nutrition information (per serving)



TOP TIP

This recipe also works well with chickpeas. Just substitute the red kidney beans with a tin of chickpeas. Just make sure to check for no added salt or sugar. Add a squeeze of lime juice for a little freshness.

GARDENER'S PIE

INGREDIENTS

1 tbsp vegetable oil
1 onion, diced
2 clove garlic, crushed
400g tin chopped tomatoes
400g tin haricot beans, drained and rinsed
1 reduced-salt vegetable stock cube dissolved in 150ml boiling water
Freshly ground black pepper
2 tsp dried thyme
2 tins new potatoes in water, drained and sliced lengthways
50g reduced-fat Cheddar cheese, grated

METHOD

1. Heat the oil in a large non-stick pan over a medium heat.
2. Add the onions and cook until they start to soften. Then add the garlic and cook for a further minute.
3. Stir in the tinned tomatoes, haricot beans, frozen mixed vegetables, vegetable stock, freshly ground black pepper and dried thyme. Bring to the boil and simmer for 5 minutes to heat through thoroughly.
4. Tip the mixture into an ovenproof dish and arrange the sliced potatoes over the top of the mixture.
5. Sprinkle with grated cheese and place under a grill for around 7 minutes until golden brown.
6. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **30 minutes**

Cost per dish: **£2.64 (based on serving 4)**

5 A DAY
3

Fibre
19.6g

Protein
13g

Calories
313

Fat
8.2g

Sugar
9.9g

Salt
0.6g

Nutrition information (per serving)



TOP TIP

Substitute the haricot beans for borlotti beans or butter beans for a slight variation on this recipe. Tinned beans like these are types of pulses which are high in protein and fibre and a good source of iron, B vitamins (including folate), potassium and zinc.

CARIBBEAN PEPPERPOT WITH TOFU

INGREDIENTS

300g brown rice

2 tbsp vegetable oil

1 onion, diced

1 cloves garlic, finely chopped

3 sweet potatoes, peeled and cubed

2 leeks, sliced

2 large carrots, peeled and sliced

1 reduced-salt vegetable stock cube dissolved in 1.2L boiling water

1 tsp dried thyme

1 tsp dried chilli flakes

Freshly ground black pepper

150g pre-sliced frozen okra or defrosted frozen okra, sliced

280g packet of tofu, drained and cubed

METHOD

1. Cook the rice according to packet instructions.
2. Heat 1 tablespoon of the oil in a large non-stick pan over a medium heat.
3. Add the onions and cook until they start to soften. Then add the garlic and cook for a further minute.
4. Add the sweet potatoes, leeks, carrots, vegetable stock, dried thyme, dried chilli flakes and freshly ground black pepper. Bring to the boil, cover with a saucepan lid and simmer for 15 minutes, stirring occasionally.
5. Add the okra and simmer for a further 5 minutes or until the vegetables are cooked and the liquid in the pepperpot has reduced. You may need to add more water to prevent sticking.
6. While the okra is cooking, prepare the tofu. Heat 1 tablespoon of vegetable oil in a frying pan over a medium-high heat and fry the tofu for 5 minutes until golden brown, stirring frequently. Add to the pepperpot and mix thoroughly.
7. Serve with the rice.

Number of portions: **4**

Cooking and preparation time: **35 minutes**

Cost per dish: **£4.16 (based on serving 4)**

5 A DAY
2.5

Fibre
12g

Protein
19g

Calories
575

Fat
15g

Sugar
15g

Salt
0.3g

Nutrition information (per serving)



TOP TIP

Caribbean pepperpot is traditionally made with seasonal vegetables so vary this recipe by using your favourite seasonal vegetables.

MIXED VEGETABLE AND RED LENTIL CURRY

INGREDIENTS

300g brown rice

1 tbsp vegetable oil

1 onion, diced

1 clove garlic, crushed

1½ tbsp medium curry powder

800g frozen mixed vegetables

400g tin chopped tomatoes

150g dried red lentils

550ml boiling water

METHOD

1. Cook the rice according to packet instructions.
2. Heat the oil in a large non-stick pan over a medium heat.
3. Add the onion and curry powder and cook until the onion is starting to go golden brown. Then add the garlic and cook for a further minute.
4. Add the frozen mixed vegetables, tinned tomatoes, dried red lentils and water. Bring to the boil, cover with a saucepan lid and simmer on a low heat for 25 minutes until the lentils and vegetables are cooked, stirring occasionally. You may need to add more water to prevent sticking.
5. Serve with the rice.

Number of portions: **4**

Cooking and preparation time: **35 minutes**

Cost per dish: **£2.44 (based on serving 4)**

5 A DAY
4.5

Fibre
16g

Protein
23g

Calories
562

Fat
7.1g

Sugar
17g

Salt
0.4g

Nutrition information (per serving)



TOP TIP

This recipe works well with any frozen mixed vegetables so choose your favourite for a great quick curry recipe. You can also substitute the rice for couscous if you fancy something a little different. The recipe can also be topped with a plant-based yoghurt like soya.

MASTERING THE MEAL PREP

Meal prepping is a great way to save money and time. It can also help you maintain a healthy diet and be organised throughout the week, whether you are preparing vegetables or a full meal ready for each day. Below are some helpful tips you might like to try.

Wash and chop fruit and vegetables when you buy them

Wash and chop fruit and vegetables as soon as you buy them to save time, like carrots, potatoes, kiwi and pineapple. Keep the skin on where possible for added fibre. Store chopped produce in airtight containers in the fridge for easy access or consider freezing them for later use.

Prepare lunches ahead of time

- If you'll be in the office, have a healthy lunch ready in the fridge that you can eat or heat up. This can help you avoid buying ready-meals or fast food, which are often less healthy and more expensive over time.
- Prepare a balanced lunch by including a variety of vegetables, pulses (like chickpeas), a source of protein (like tofu, cheese, chicken or tinned fish) and a carbohydrate (like brown rice, wholewheat pasta or a wholemeal wrap).

Top tip: Make your own salad dressing with vegetable oil, lemon, natural yoghurt and some herbs. Set it aside until you're ready to eat to stop the food from getting soggy.

Box it, don't bin it

Using leftovers is a great way to save money, time and reduce food waste. When cooking a meal, if there is any left over, instead of throwing it away, you can put it in a container in the fridge and eat it the next day.

Top tip: Cook more portions than you need and use up any ingredients that will otherwise go off.



Recipes in this cookbook that would work great as leftovers include the Mixed vegetable and red lentil curry, Gardener's pie and Mackerel and sweetcorn pasta.

Freeze for the future

Buying produce in larger quantities, like chicken breasts, can often be cheaper. If you buy more than you need, separate and freeze the extras before the use-by date. Always defrost food in the fridge, not at room temperature, and avoid refreezing after defrosting. Once cooked, reheat your food only once.

Buying frozen vegetables in bulk can also be cheaper. Don't throw away fresh fruit and vegetables that are past their best before date either – they can be blended into smoothies or soups. If you make a large batch of a recipe, let it cool, then portion it into individual containers, label them with the date and freeze for later.

CHICKEN MOUSSAKA

INGREDIENTS

300g brown rice

1 tbsp vegetable oil

1 onion, finely diced

2 medium carrots,
finely diced

1 clove garlic, crushed

250g low-fat chicken
mince (typically
5-6% fat)

150g frozen sliced
peppers

400g tin chopped
tomatoes

400g tin cannellini
beans, drained and
rinsed

3 tsp dried oregano

1 tsp dried mint

Freshly ground black
pepper

250ml low fat Greek-
style yoghurt

2 eggs

METHOD

1. Preheat the oven to 200°C/180°C fan.
2. Cook the rice according to packet instructions.
3. Heat the oil in a large non-stick pan over a medium heat. Cook the onions and carrots until starting to soften. Add the garlic and cook for a further minute.
4. Add the chicken mince, stirring constantly and breaking into small pieces until cooked.
5. Add the frozen peppers, tinned tomatoes, cannellini beans, 2 teaspoons of the dried oregano, dried mint and freshly ground black pepper. Bring to the boil and simmer on a low heat for a few minutes until the ingredients are all heated through and the sauce has slightly thickened.
6. Put the sauce into an ovenproof dish.
7. In a separate bowl, mix the yoghurt, eggs and 1 teaspoon of the mixed herbs. Spoon evenly over the top of the chicken mixture to cover it and place in the oven for 15-20 minutes until the top has set and has gone golden brown.
8. Serve with the rice.

Number of portions: **4**

Cooking and preparation time: **40 minutes**

Cost per dish: **£4.20 (based on serving 4)**

5 A DAY
3.5

Fibre
12g

Protein
36g

Calories
571

Fat
11g

Sugar
16g

Salt
0.6g

Nutrition information (per serving)



TOP TIP

For a slight variation, use turkey mince or to make a vegetarian version use Quorn mince, or just leave out the mince altogether.

CHICKEN CHOW MEIN

INGREDIENTS

250g wholewheat dried egg noodles

1 tbsp vegetable oil

350g skinless frozen chicken breast, defrosted, cut in half and sliced

1 onion, cut in half and sliced

½ red pepper, sliced

1 large carrot, cut into matchsticks

125g savoy cabbage, shredded

125g broccoli, florets only, cut into smaller pieces

½ tsp Chinese five-spice

2 tbsp reduced-salt soy sauce

METHOD

1. Prepare the noodles according to the packet instructions.
2. Heat the oil in a wok or deep, large pan on a high heat.
3. Add the chicken and cook for 3 minutes, stirring constantly. Add the onion, red pepper, carrot, cabbage and broccoli then stir continuously for a further 5-7 minutes. Cook until the chicken is cooked through and the vegetables are softened but still crunchy.
4. Add the Chinese five-spice and soy sauce. Stir through to mix. Turn off the heat.
5. When the noodles are ready, drain them and add them to the wok, mixing thoroughly.
6. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **25 minutes**

Cost per dish: **£3.88 (based on serving 4)**

5 A DAY
1.5

Fibre
8.7g

Protein
35g

Calories
412

Fat
6.4g

Sugar
9.1g

Salt
1.2g

Nutrition information (per serving)



TOP TIP

Mix up your chow mein by varying the vegetables every time you make it. Peas, courgettes, cauliflower, green beans, leeks, mushrooms, pak choi, radishes, water chestnuts, beansprouts, spring onions, kale and all types of cabbage work really well in stir-fries.



MYTH BUSTERS

Many of us want to eat healthier, but there's a lot of information out there that isn't true. Here are some of the most common myths about healthy eating.

Myth: Eating a healthy diet is always more expensive

The cost of your food shop depends on many factors, like how many people you're feeding and where you shop. However, there are ways to save money. Buying tinned foods such as pulses (like chickpeas) and vegetables, as well as frozen fruit and veg, can help lower your costs. Plus, tinned and frozen food are often just as nutritious as fresh.

Apples and bananas are healthy choices, but you don't need to buy fancy or expensive fruit and vegetables. Next time you shop, check for any deals and try something new to eat a variety.

Many supermarkets now sell 'wonky' fruit and vegetables at lower prices. They might look different, but they're perfectly good to eat and better for the environment.



Myth: Eating my 5 A DAY is expensive

If you are on a budget, there are some ways to help you get your 5 A DAY more cheaply, such as:

- Buy fruit and vegetables that are in season.
- Buy tinned or frozen produce as they are just as nutritious. Choose tinned fruit in juice, not syrup.
- Shop at local markets, which can offer great deals and good value for money.

How can I reach my 5 A DAY?

A 5 A DAY example:

Chopped banana on your morning porridge, a sandwich for lunch with carrot sticks and houmous, chopped tomatoes and broccoli in your evening curry and low-fat natural yoghurt with grated apple for a healthy snack.

1 medium banana

Cost = 14p



80g frozen broccoli

Cost = 10p



1 apple

Cost = 28p



Half tin chopped tomatoes

Cost = 14p



80g tinned carrots

Cost = 18p

The total cost of this 5 A DAY would be 84p

Costs may vary by supermarket

Myth: If I don't eat meat, I won't get enough protein

While animal-based foods such as meat are rich in protein, plant-based foods can also be a good source of protein. Pulses (beans, chickpeas, and lentils), nuts, seeds, tofu, soy chunks and wholegrains (such as quinoa) are all good sources. You can get enough protein from plant-based sources by eating a serving at each meal and trying different types. Vegetarians can get protein from eggs, yoghurt and milk too.



We encourage you to eat more plant-based protein sources because they also provide extra nutrients such as vitamins, minerals and fibre. In particular, eating a high-fibre diet can support your overall health including reducing your risk of bowel cancer.



Myth: I need to buy superfoods to be healthy

There's no such thing as a superfood – it's just a marketing term. Foods like blueberries, goji berries and avocados aren't magically better than other fruit and vegetables. All plants have different vitamins and minerals, so it's best to eat a variety. Start by choosing the ones you enjoy.



Myth: Cooking nutritious meals takes too long

It doesn't have to! Many recipes in this book show that with a bit of planning, you can make quick, tasty and healthy meals. By prepping in advance and using leftovers, you can spend less time in the kitchen. Check out our website at wcrf.org/recipes for meals that take just 20 minutes to prepare.

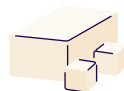


Myth: My meal isn't complete without meat

You can create a healthy, balanced meal without red or processed meat. In fact, eating less red and processed meat can lower your risk of bowel cancer.

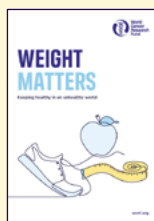
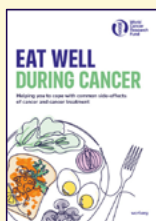


Instead of meat, try alternatives like pulses, tofu, tempeh, seitan or Quorn. Just be sure to check the label for added salt or sugar.



Myth: Eating vegetables is tasteless

This isn't true – you can add a variety of herbs and spices to make vegetables flavourful. While vegetables have less fat than other foods, plant-based dishes can be just as delicious as meat dishes when cooked well. Experiment with different cooking methods and try different seasonings.



For more tips on reducing cancer risk, visit
wcrf.org/health-guides

WHITE FISH POKE BOWL

INGREDIENTS

300g brown rice

4 fillets white frozen fish, defrosted and cut into chunks

3 oranges, zest and juice

Freshly ground black pepper

2 tomatoes, sliced widthways

250g red cabbage, sliced

1 large carrot, peeled and cut into matchsticks

A bunch of spring onions, peeled and sliced

125g low-fat natural yoghurt

1 tsp dried parsley

20g sesame seeds

METHOD

1. Set the oven to 200°C/180°C fan.
2. Cook the rice according to packet instructions.
3. Place the fish, orange zest, orange juice (reserve 2 tablespoons orange juice for the yoghurt dressing) and freshly ground black pepper in a bowl. Stir it to mix and divide between 4 pieces of aluminium foil on a baking tray. Fold over to create 4 parcels. Place in the oven and bake for 15-20 minutes until the fish is cooked.
4. Add the cooked rice to 4 bowls.
5. Then arrange the tomatoes, red cabbage, carrot and spring onions into the 4 bowls.
6. To make the yoghurt dressing, mix the yoghurt, 2 tablespoons of the orange juice and the dried parsley in a small bowl. Stir well to mix. Set aside.
7. Remove the fish from the oven and place in the bowls.
8. Then drizzle the yoghurt dressing across the poke bowl by dripping it from the side of a teaspoon or pouring from a jug.
9. Sprinkle on the sesame seeds.
10. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **30 minutes**

Cost per dish: **£4.84 (based on serving 4)**

5 A DAY
2.5

Fibre
9g

Protein
39g

Calories
495

Fat
6.6g

Sugar
13g

Salt
0.9g

Nutrition information (per serving)



TOP TIP



Choose your favourite raw vegetables to create your own fish poke bowl. Go for bright colours like peppers, beetroot or radishes to create a vibrant and tasty dish.

MACKEREL AND SWEETCORN PASTA

INGREDIENTS

300g wholewheat pasta

1 large courgette, diced

300g frozen sweetcorn

1 tbsp vegetable oil

1 large red onion, diced

1 clove garlic, crushed

400g tin chopped tomatoes

Freshly ground black pepper

2 tsp mixed herbs

4 x 125g tins mackerel in spring water or brine, drained and mashed into smaller pieces

METHOD

1. Boil the pasta in a large non-stick pan according to packet instructions. Add the courgette and sweetcorn for the last 5 minutes of cooking time.
2. Meanwhile, heat the oil in a large non-stick pan on a medium heat.
3. Add the red onion and cook until starting to soften. Then add the garlic and cook for a further minute.
4. Add the tinned tomatoes, freshly ground black pepper, mixed herbs and mackerel. Cook on a low heat until the fish is heated through.
5. Drain the pasta, courgette, and sweetcorn. Add to the mackerel mixture and mix together.
6. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **30 minutes**

Cost per dish: **£4.94 (based on serving 4)**

5 A DAY
3.5

Fibre
7.5g

Protein
26g

Calories
474

Fat
22g

Sugar
8.7g

Salt
0.7g

Nutrition information (per serving)



TOP TIP

Any tinned oily fish such as sardines or pilchards work well in this recipe. Just take out the mackerel and replace it with your choice of oily fish. Oily fish contain omega-3 fats that help to maintain a healthy heart.



BAKED PEACHES WITH AN OATY TOPPING

INGREDIENTS

2 x 415g tins peach halves in juice, drained

100g porridge oats

40g dried apricots, chopped

20g sunflower seeds

1 orange, zest and juice

1 tsp cinnamon

METHOD

1. Preheat the oven to 210°C/190°C fan.
2. Put the peaches, hole side up in an ovenproof dish.
3. In a bowl, mix together the oats, dried apricots, sunflower seeds, orange zest, orange juice and cinnamon.
4. Spoon the oaty mixture into the holes of the peaches and cook in the oven for 10 minutes until the mixture starts to crisp and go slightly brown.
5. Serve immediately.

Serving suggestion:

Serve with a tablespoon of low-fat Greek-style yoghurt per person. Sprinkle a tiny amount of cinnamon on the yoghurt for a creamy and aromatic addition.

Number of portions: **4**

Cooking and preparation time: **20 minutes**

Cost per dish: **£2.47 (based on serving 4)**

5 A DAY
1

Fibre
6.2g

Protein
4.7g

Calories
209

Fat
4.4g

Sugar
19g

Salt
0.1g

Nutrition information (per serving)



TOP TIP



Tinned peach slices or fresh peaches in season can also be used for this recipe. It also works very well with tinned apricot halves.

FRUITY YOGHURT OATY POTS

INGREDIENTS

60g oats

200g green grapes,
sliced in half
lengthways

2 red apples, cored and
chopped, skin on

400g low-fat natural
yoghurt

20g pumpkin seeds

METHOD

1. Dry fry the oats in a frying pan for 2 minutes to toast them.
2. Divide the grapes, bananas and apples between 4 bowls.
3. Spoon on the natural yoghurt.
4. Sprinkle on the toasted oats.
5. Sprinkle on the pumpkin seeds.
6. Serve immediately.

Number of portions: **4**

Cooking and preparation time: **20 minutes**

Cost per dish: **£1.56 (based on serving 4)**

5 A DAY
2

Fibre
4g

Protein
9.8g

Calories
274

Fat
5.1g

Sugar
34g

Salt
0.2g

Nutrition information (per serving)

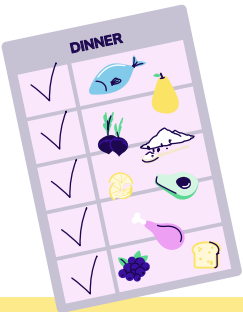


TOP TIP

You can use any fruit you have to make this recipe. Fresh, frozen, tinned and leftover fruit all work well in this recipe and all count towards your 5 A DAY.



WEEKLY MEAL PLANNER



Use this template to plan seven days of meals and stay on track for a healthy week. Remember, some meals can be saved as leftovers for the next day.

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Use the template below to write out your shopping list. Remember to look back at those staples we mentioned earlier. Have a look at your meal plan for the week and see what you already have, so you don't buy more than you need.

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CANCER PREVENTION RECOMMENDATIONS



Be a healthy weight



Be physically active



Eat a diet rich in wholegrains, vegetables, fruit and beans



Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars



Limit consumption of red and processed meat



Limit consumption of sugar-sweetened drinks



Limit alcohol consumption



Do not use supplements for cancer prevention



For mothers: breastfeed your baby, if you can



After a cancer diagnosis: follow our Recommendations, if you can

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

To read our full Recommendations visit: wcrf.org/10ways

ABOUT WORLD CANCER RESEARCH FUND

World Cancer Research Fund examines how diet, weight and physical activity affect your risk of developing and surviving cancer. As part of an international network of charities, we have been funding life-saving research, influencing global public health policy and educating the public since 1982.

While society continues searching for a cure, our prevention and survival work is helping people live longer, happier and healthier lives – free from the devastating effects of cancer.

How can you help?

Will you help us build a world where fewer people every day get preventable cancers? Our work is funded solely by charitable donations. Your support will help us continue providing easy-to-access health information to help people reduce their risk of cancer and live well with cancer.

wcrf.org/donate





For any enquiries or to request the information in large print, please contact us:

World Cancer Research Fund
140 Pentonville Road,
London N1 9FW

Tel: 020 7343 4200

Email: resources@wcrf.org

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