



# LIVE BELOW THE LINE WEEKLY SHOPPING GUIDE

This guide will get you started as you challenge yourself to *Live Below the Line*.

DO  
SOMETHING  
GREAT FOR  
THE  
HUNGER  
PROJECT



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**5 DAYS** **£5**  
FOR ALL FOOD AND DRINK

**£1**

LIVE BELOW  
THE LINE

**With your support  
we're rising above the line**

FOODIES, PARTICIPANTS & BLOGGERS

AMBASSADORS

JOIN OUR TEAM  
[thehungerproject.org.uk](http://thehungerproject.org.uk)

**LIVE BELOW**  

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**THE LINE**

# 1. Welcome to *Live Below the Line*

Thanks for joining us to **LIVE BELOW THE LINE**

To *Live Below the Line* is to challenge yourself to live on £1 a day, for 5 days to better understand the lack of choice and opportunity faced by those living in extreme poverty.

We've teamed up with some of the best charities in the UK who can take the challenge and fundraise for.

[thehungerproject.org.uk](http://thehungerproject.org.uk)

*Live Below the Line* gives participants a powerful opportunity to share their experiences, raise vital funds for their chosen charity and change the way we think about poverty.



In this pack, you'll find some ideas to get your started on what to buy and cook with just £1 a day.



# Shopping for *Live Below the Line*

Shopping and cooking for *Live Below the Line* can at first seem extremely challenging, but with some planning and creativity, you'll be surprised with what you can make.

Here at *Live Below the Line*, we're well aware that what we buy has implications on the developing world. While living on £1 a day restricts what you can buy – you can still do so in an ethical way. Below are a couple of examples of supermarkets who ensure their basic and value ranges are ethically and sustainably sourced.

The Co-operative Simply Value range

Sainsbury's Basics Range

ALDI

Morrisons M-Savers

**There's no substitute for locally sourced fruit and veg, so head down to your local market to see what kind of deals you can get.**



# Cooking for *Live Below the Line*

With just £5 for all ingredients for your meals for 5 days, you'll need to be creative!

You should aim to buy ingredients that are filling and will last you the 5 days

You'll find more recipes on our website and from other participants so keep your eyes peeled and get creative to come up with your own.

On a limited budget, you need to be able to make different meals with the same ingredients – so we've put together 5 weekly plans, themed around different staple ingredients as a rough guide.

## Some top tips!

### 1) Keep hydrated!

Tap water is free in your budget so we strongly recommend you drink plenty!

### 2) Shop around

You should go to a few shops and markets to compare prices to ensure you get the best deals. Every penny really does count

### 3) Plan ahead

Make sure you plan out your meals in advance!

### 4) Form a team

The challenge is much easier in teams as you can share the price of ingredients



# Full of Beans!

Packed with protein and fibre, these recipes will make sure you're full of beans for the full 5 days!

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## DAY ONE

**Breakfast**    **Banana and Yogurt**

**Lunch**        **Bean Biryani**

**Dinner**       **Chilli sin Carne and flatbreads**

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## DAY TWO

**Breakfast**    **Banana and Yogurt**

**Lunch**        **Chilli sin Carne**

**Dinner**       **Bean Courgette and potato bake**

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## DAY THREE

**Breakfast**    **Banana and Yogurt**

**Lunch**        **Bean Biryani**

**Dinner**       **Chilli Sin Carne**

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## DAY FOUR

**Breakfast**    **Banana and Yogurt**

**Lunch**        **Mexican Beans and rice**

**Dinner**       **Bean burgers and potato wedges**

## Shopping List

|                        |       |     |
|------------------------|-------|-----|
| Oil                    | ..... | 10p |
| Flour.                 | ..... | 10p |
| Mixed spices           | ..... | 22p |
| Chilli flakes/1 chilli | ..... | 5p  |
| Salt                   | ..... | 5p  |
| 1kg mixed veg          | ..... | 75p |
| 2 tins kidney beans    | ..... | 42p |
| 1 tin mixed beans      | ..... | 22p |
| 1 tin chickpeas        | ..... | 29p |
| 500g rice              | ..... | 34p |
| 4 cloves of garlic     | ..... | 10p |
| 3 large potatoes       | ..... | 30p |
| 3 onions               | ..... | 30p |
| Tinned tomatoes        | ..... | 31p |
| 5 carrots              | ..... | 25p |
| 2 courgettes           | ..... | 15p |
| 5 Bananas              | ..... | 58p |
| 5 yogurts              | ..... | 39p |
| Yeast.                 | ..... | 5p  |

**TOTAL**

**£4.98**

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## DAY FIVE

**Breakfast**    **Banana and Yogurt**

**Lunch**        **Bean burgers**

**Dinner**       **Mexican Beans and rice**

# Mentil for Lentils!

If you've got a passion for pulses then you're in luck - lentils are one of the most inexpensive sources of protein and are packed with goodness!

## DAY ONE

**Breakfast**    **Banana**  
**Lunch**        **Lentil Soup and flatbread**  
**Dinner**       **Lentil Shepherd's Pie**

## DAY TWO

**Breakfast**    **Home-made bread and butter**  
**Lunch**        **Lentil Shepherd's Pie**  
**Dinner**       **Spiced Lentils and flat - bread**

## Shopping List

|                           |       |     |
|---------------------------|-------|-----|
| Oil                       | ..... | 10p |
| Flour.                    | ..... | 20p |
| Mixed spices              | ..... | 10p |
| 1 tbsp curry powder.....  |       | 5p  |
| Salt                      | ..... | 5p  |
| 50g Butter                | ..... | 4p  |
| Yeast                     | ..... | 5p  |
|                           |       |     |
| 250g red lentils          | ..... | 55p |
| 500g dried lentilss       | ..... | £1  |
| 2 stock cubes             | ..... | 5p  |
| 400g tinned tomatoes..... |       | 29p |
| 500g rice                 | ..... | 34p |
| 4 cloves of garlic        | ..... | 10p |
| 2 large potatoes          | ..... | 30p |
| 5 onions                  | ..... | 50p |
| 4 carrots                 | ..... | 20p |
| 4 mushrooms               | ..... | 20p |
| 6 cheese slices           | ..... | 47p |
| 3 Bananas                 | ..... | 33p |

**TOTAL**

**£4.92**

## DAY THREE

**Breakfast**    **Banana**  
**Lunch**        **Spiced Lentils and flat bread**  
**Dinner**       **Lentil Gratin**

## DAY FOUR

**Breakfast**    **Homemade bread and butter**  
**Lunch**        **Lentil Gratin**  
**Dinner**       **Homemade mushroom Pizza**

## DAY FIVE

**Breakfast**    **Banana**  
**Lunch**        **Lentil Soup and flat breads**  
**Dinner**       **Homemade mushroom pizza**

# The mega-mix

Variety is the spice of life

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## DAY ONE

**Breakfast** Porridge  
**Lunch** Sweet Potato and Chickpea Curry  
**Dinner** Spanish Frittata

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## DAY TWO

**Breakfast** Porridge  
**Lunch** Spanish Frittata  
**Dinner** Sweet potato and Chickpea Curry

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## DAY THREE

**Breakfast** Porridge  
**Lunch** Pasta with tomato sauce  
**Dinner** 1 minute Omelette

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## DAY FOUR

**Breakfast** Porridge  
**Lunch** Egg Fried Veg Rice  
**Dinner** Pasta with Tomato Sauce

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## DAY FIVE

**Breakfast** Porridge  
**Lunch** Egg Fried Veg Rice  
**Dinner** Spanish Frittata

### Shopping List

|                     |       |       |
|---------------------|-------|-------|
| Oil                 | ..... | 10p   |
| Mixed spices        | ..... | 10p   |
| 1 tbsp curry powder | ..... | 5p    |
| Salt                | ..... | 5p    |
| 50g Butter          | ..... | 4p    |
| 8 eggs              | ..... | £1.40 |
| 500g potatoes       | ..... | £1    |
| 2 stock cubes       | ..... | 5p    |
| 1 tin chickpeas     | ..... | 29p   |
| 300g rice           | ..... | 30p   |
| 4 onions            | ..... | 40p   |
| 2 carrots           | ..... | 10p   |
| 2 sweet potatoes    | ..... | 35p   |
| 1 cabbage           | ..... | 20p   |
| Porridge oats       | ..... | 22p   |
| Pasta               | ..... | 23p   |
| Pasta sauce         | ..... | 22p   |

**TOTAL**

**£4.99**

# The Lazy Sue

Can't cook, won't cook? Here are some quick bites for those on the run!

## DAY ONE

**Breakfast** Porridge  
**Lunch** 1 minute Omelette  
**Dinner** Pasta and tomato sauce  
*Snacks - 3 Custard Creams*

## DAY TWO

**Breakfast** 2 slices toast  
**Lunch** Pasta and tomato sauce  
**Dinner** Scrambled Eggs on Toast  
*Snacks - 3 Custard Creams*

## DAY THREE

**Breakfast** Porridge  
**Lunch** Baked potato and mixed veg salad  
**Dinner** Egg Fried rice and veg  
*Snacks - 3 Custard Creams*

## DAY FOUR

**Breakfast** 2 slices toast  
**Lunch** Egg Fried Rice and veg  
**Dinner** Beans on Toast  
*Snacks - 3 Custard Creams*

## DAY FIVE

**Breakfast** Porridge  
**Lunch** Scambled Eggs on toast  
**Dinner** 1 minute omelette  
*Snacks - 3 Custard Creams*

### Shopping List

|                            |       |
|----------------------------|-------|
| Mixed spices.....          | 10p   |
| Salt .....                 | 5p    |
| 50g Butter .....           | 4p    |
| 10 eggs .....              | £1.60 |
| 2 large potatoes .....     | 50p   |
| 300g rice .....            | 30p   |
| 2 large nions .....        | 25p   |
| 1kg frozen mixed veg ..... | 75p   |
| Porridge oats .....        | 22p   |
| Pasta .....                | 23p   |
| Pasta sauce .....          | 22p   |
| Loaf of Bread .....        | 35p   |
| Custard Creams .....       | 30p   |

**TOTAL** **£5.00**

# Have fun and good luck!!

These recipes are just a guide to get you started. Get creative and share your recipes with us

*Live Below the Line* is a unique experience so make sure you keep your blog up to date on how you're feeling and what you're thinking about.

Keep an eye on the website and our social media channels - Live Below the Line UK on Facebook and @LBLTHP on twitter for more tips and recipe suggestions

This year we want the *Live Below the Line* campaign to be bigger and better than ever! The more awareness and more funds we raise together the closer we are to ending extreme poverty.

THANK YOU FOR PARTICIPATING!

[thehungerproject.org.uk](http://thehungerproject.org.uk)

Feel free to get in touch at [sophie.noonan@thp.org](mailto:sophie.noonan@thp.org) with any questions

