

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Oat and buckwheat porridge	Strawbs, kefir and caramelised bread	Plain porridge	Oat and buckwheat porridge with molasses	Marmite on toast	Spelt drop scones, rhubarb, honey	Soda bread farls with omelette
	£0.62 per person	£0.45 per person	£0.13 per person	£0.28 per person	£1.06 per person	£0.61 per person	£0.62 per person
	£0.13 50g oats	£0.12 1/2 crust bread	£0.13 50g oats	£0.13 50g oats	£0.60 2 slices bread	£0.13 75g spelt flour	£0.13 100g spelt flour
	£0.10 25g buckwheat	£0.06 1 tsp olive oil	£0.00 150ml water	£0.10 25g buckwheat	£0.36 20g butter	£0.02 1/2 tsp baking powder	£0.01 1/4 tsp baking powder
	£0.07 1tsp (3g) bee pollen	£0.02 1/4 tsp cinnamon		£0.05 10ml honey	£0.10 10g marmite	£0.00 100ml water	£0.00 150ml water
	£0.17 2 strawberries	£0.25 1 tsp sugar				£0.04 1 tsp raw cider vinegar	£0.04 1 tsp raw cider vinegar
	£0.15	75ml homemade kefir				£0.06 10ml oil	£0.30 1 egg
		3 strawbs				£0.30 80g rhubarb	£0.08 1/2 tbs olive oil
		50g yesterday's leftover porridge				£0.06 1 tsp honey	£0.06 20g butter
Lunch	Roast cauliflower leaves with garlic mash	Freekeh and rhubarb salad	Fried egg sandwich	Leftovers from freezer	Carrot and beetroot top pesto pasta	Rice salad, broccoli, carrots	Green lentil salad, broads, celery, rhub
	£0.71 per person	£1.11 per person	£1.13 per person	£0.00 per person	£0.78 per person	£0.87 per person	£0.43 per person
	£0.00 1/2 head cauliflower leaves	£0.55 50g freekeh	£0.45 1 egg		£0.00 50g carrot tops	£0.24 50g shortgrain brown rice	£0.00 75g lentils
	£0.45 300g desiree potatoes	£0.11 1 stick (35g) rhubarb	£0.08 1/2 tbs olive oil		£0.00 50g beetroot leaves	£0.25 1/4 head broccoli	£0.00 40g broad beans
	£0.16 1 tbs olive oil	£0.07 1 sticks (35g) celery with leaves	£0.60 2 slices wholemeal bread		£0.11 10g cheese	£0.07 1 small (40g) carrot with stalk and leaves	£0.25 1/4 head broccoli
	£0.07 2 tsp raw cider vinegar	£0.07 1 small (40g) carrot with stalk and leaves			£0.03 1 small clove garlic	£0.00 25g celery tops	£0.07 1 small (40g) carrot with stalk and leaves
	£0.03 1 clove garlic	£0.05 1/4 onion			£0.15 10g nuts	£0.12 15g peanuts	£0.11 1 stick (35g) rhubarb
		£0.08 1/2 tbs olive oil			£0.16 1 tbs olive oil	£0.08 15g raisins	£0.00 25g celery tops
		£0.04 1 tsp raw cider vinegar			£0.33 100g wholemeal pasta	£0.05 1 heaped tsp (3g) garam masala	£0.00 few celery leaves
		£0.10 15g pumpkin seeds, toasted				£0.06 green chilli	£0.10 15g pumpkin seeds, toasted
		£0.04 1g coriander seeds				£0.16 1 tbs olive oil	£0.08 1/2 tbs olive oil
Dinner	Beetroot leaf broth	Cauliflower cheese with the leaves	Kidney bean and tomato broth	Homemade baked beans and potato	Spelt grain, apricot and hijiki salad	Chickpea curry, potato, carrot, celery	Potato and broad frittata, deep fried pods
	£0.70 per person	£1.51 per person	£1.39 per person	£1.03 per person	£1.65 per person	£1.01 per person	£1.17 per person
	£0.16 1 tbs olive oil	£0.18 10g butter	£0.22 60g dried kidney beans	£0.05 1/4 onion	£0.13 50g rye grain	£0.13 30g dried chickpeas	£0.13 150g potato
	£0.09 1/2 onion	£0.02 10g spelt flour	£0.08 1/2 tbs olive oil	£0.03 1 clove garlic	£0.29 20g nuts	£0.12 80g potato	£0.29 40g broad beans
	£0.07 1 stick celery	£0.50 1/2 cauliflower with the leaves	£0.09 1/2 onion	£0.08 10g tomato puree	£0.45 2 apricots	£0.05 1/4 onion	£0.08 1/2 tbs olive oil
	£0.03 1 clove garlic	£0.05 1/4 onion	£0.07 1 small (40g) carrot with leaves	£0.01 pinch smoked paprika	£0.06 1tsp honey	£0.07 1 stick celery	£0.45 1 egg
	£0.00 150g beetroot leaves (gift from market stall)	£0.20 100ml milk	£0.07 1 sticks (35g) celery with leaves	£0.05 1/2 tbs honey	£0.35 75g broad bean pods	£0.07 1 small (40g) carrot with stalk and leaves	£0.14 50g millet
	£0.00 1 cup water	£0.56 50g cheese ends	£0.03 1 clove garlic	£0.23 60g dried cannellini beans, soaked, cooked	£0.09 50g homegrown bean sprouts	£0.03 clove garlic	£0.00 25g celery tops
	£0.25 100g passata		£0.54 50ml leftover wine (optional)	£0.13 50ml passata	£0.08 2g hijiki	£0.05 1 heaped tsp (3g) garam masala	£0.08 sunflower seeds
	£0.10 1/2 green chilli		£0.13 50g passata	£0.00 splash water	£0.00 few celery leaves	£0.25 25g creamed coconut	
			£0.00 3 cauliflower leaves	£0.45 300g large baking potato	£0.05 4 sprigs parsley	£0.16 50g shortgrain brown rice	
			£0.00 20g beetroot leaves or chard leaves		£0.08 1/2 tbs olive oil	£0.08 1/2 tbs olive oil	
			£0.16 50g shortgrain brown rice		£0.07 1/8 unwaxed lemon		
Expenses	£2.03 Monday	£3.07 Tuesday	£2.65 Wednesday	£1.31 Thursday	£3.49 Friday	£2.49 Saturday	£2.22 Sunday
	£2.03 Monday						
	£3.07 Tuesday						
	£2.65 Wednesday						
	£1.31 Thursday						
	£3.49 Friday						
	£2.49 Saturday						
	£2.22 Sunday						
	£17.26 Total expenses						