

BANTING ON A BUDGET

7 DAY BUDGET MEAL PLAN

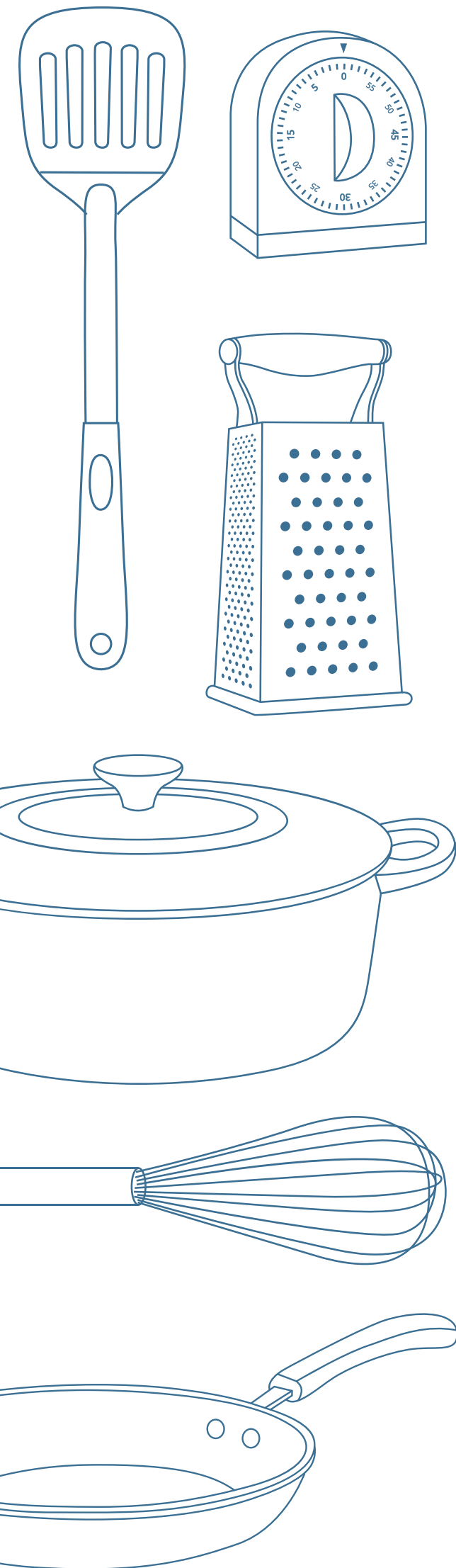
INCLUDING RECIPES AND PRICES

This 7 day meal plan provides delicious Low Carb High Fat (LCHF) recipes which are easy to make and budget proof. The amount of fat, carbohydrate and protein for each meal is also included.

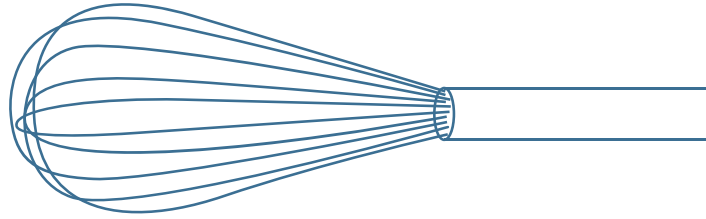
TIPS ON HOW TO SAVE MONEY

EAT LOW CARB FOR R30/\$2 PER DAY

By sharing tips on how to save money, we also aim to make it as easy as possible for you to follow a low carb high fat lifestyle.



GENERAL INSTRUCTIONS, INFORMATION & TIPS



GENERAL INSTRUCTIONS

- 1. DRINKS ARE NOT INCLUDED IN THE DAILY MEAL PLANS. WE RECOMMEND YOU DRINK AT LEAST 1.5 LITRES OF WATER PER DAY AND 2 LITRES ON DAYS THAT YOU EXERCISE. OTHER BEVERAGES WHICH YOU CAN INCLUDE ARE: TEA AND COFFEE.
- TIP: MAKE YOUR WATER MORE TASTY BY ADDING CUCUMBER, LEMON AND GINGER SLICES OR MINT LEAVES.
- 2. IT IS POSSIBLE TO SWITCH MEALS. FOR EXAMPLE, IF YOU DON'T FEEL LIKE EATING CHICKEN FOR LUNCH ON ONE DAY, YOU CAN DECIDE TO GO FOR ANOTHER LUNCH / DINNER MEAL WHICH IS ON THE MEAL PLAN. JUST MAKE SURE THAT THE MEAL IS NUTRITIONALLY COMPARABLE TO THE ORIGINAL MEAL SINCE THE NUTRITIONAL VALUES ARE WELL-BALANCED PER DAY!
- 3. EAT YOUR MEALS SLOWLY UNTIL YOU FEEL SATISFIED AND NOT UNTIL YOU ARE FEELING COMPLETELY FULL! SAVE THE LEFTOVERS FOR A MOMENT YOU HAVE AN APPETITE.
- 4. PREPARE BANTING PROOF MEALS IF YOU KNOW YOU ARE GOING AWAY FOR A DAY, SO THAT YOU WILL NOT BE TEMPTED TO BUY ANY SNACKS THAT ARE NOT BANTING PROOF.

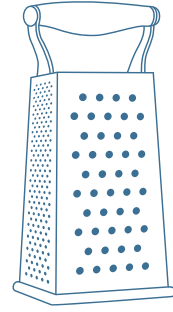
(MOTIVATIONAL) TIPS

- 1. TELL YOUR FRIENDS AND FAMILY ABOUT YOUR BANTING PLANS AND TELL THEM YOU ARE COUNTING ON THEIR SUPPORT.
- 2. TAKE BEFORE AND AFTER PICTURES EVERY NOW AND THEN TO TRACK YOUR PROGRESS AND SEE HOW FAR YOU'VE ALREADY COME.
- 3. JOIN THE 7 DAY BANTING MEAL PLAN FACEBOOK GROUP FOR SUPPORT FROM OTHER BANTERS.
- 4. WEAK MOMENTS? GET DISTRACTED! GO OUTSIDE, CALL A FRIEND, WRITE DOWN YOUR THOUGHTS OR DO SOMETHING ELSE THAT YOU REALLY LIKE DOING.

(BACKGROUND) INFORMATION

- 1. CHECK [HTTPS://THENOAKESFOUNDATION.ORG/NEWS/MEDIA/THE-NOAKES-FOUNDATION-FOOD-LISTS](https://thenoakesfoundation.org/news/media/the-noakes-foundation-food-lists) FOR THE FOOD PRODUCTS WHICH SHOULD OR SHOULD NOT BE EATEN WHILE FOLLOWING A BANTING LIFESTYLE
- 2. READ MORE INFORMATION ON [HTTPS://THENOAKESFOUNDATION.ORG/](https://thenoakesfoundation.org/)

SHOPPING LIST GROCERIES



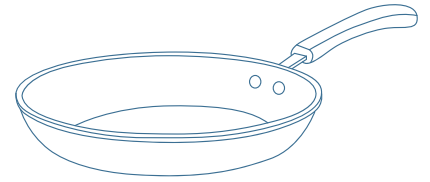
Here is your weekly low carb shopping list. On the left, you will see the list of products, and on the right is the corresponding amount/quantity you will need to purchase in order to make this weeks worth of meals.

PRODUCT

AMOUNT

- | | |
|-------------------------------|--|
| • CABBAGE | • 2 HEADS |
| • CHEESE | • 250-500 GRAMS |
| • BACON | • 200 GRAMS |
| • BUTTER | • 250-500 GRAMS |
| • TOMATOES | • 6 |
| • EGGS | • 18 |
| • LEMONS | • 4 |
| • ONIONS | • 4 |
| • WHOLE CHICKEN WITH SKIN | • 1.9 KILOGRAMS |
| • GARLIC | • PACK OF GARLIC CLOVES |
| • BROCCOLI | • COMBINED CAULIFLOWER AND BROCCOLI PACK |
| • CAULIFLOWER | • 2 |
| • PEPPERS | • 1 BUNCH |
| • SPINACH | • 4 |
| • AVOCADOS | • 500 GRAMS |
| • FULL FAT YOGHURT/ MAAS | • 1 |
| • BERRIES | • 2 |
| • CUCUMBER | • 700 GRAMS |
| • BABY MARROWS/ZUCCHINI | • 1 KILOGRAM |
| • BEEF MINCE | • 250 GRAMS |
| • MUSHROOMS | • 215 GRAMS |
| • SARDINES | • 375 GRAMS |
| • PORK SAUSAGE | • VARIES |
| • OPTIONAL: SALT/PEPPER/HERBS | |

7 DAY BUDGET MEAL PLAN



Below you can find the daily meal plans. Every day covers three filling meals. Feel free to switch meals with other days. If a meal is too much, save the leftovers for another day. You can find the recipes on the following page. The serving size and its nutritional value are given.

DAY 1



BREAKFAST: BANTING EGGS BENEDICT (1 SERVING)

- 2 TOMATO SLICES
- 2 STRIPS BACON
- 2 POACHED EGGS
- HOLLANDAISE SAUCE: BUTTER, WATER, LEMON JUICE
- HERBS TO TASTE

Nutritional value

Fat: 26g Carbs: 4g Protein: 17g



LUNCH: FISH BAKE (1 SERVING)

- 1 CAN SARDINES
- 1/2 TOMATO (CHOPPED)
- ¼ CUCUMBER (SLICED)
- ½ CUP CABBAGE (SHREDDED)
- 2 TBSP BUTTER
- 50 G OF FULL FAT CHEESE
- SALT / PEPPER

Nutritional value

Fat: 40g Carbs: 8g Protein: 28g



SUPPER: BAKED STUFFED CABBAGE (3 SERVINGS)

- 1 WHOLE CABBAGE
- 100 G OF FULL FAT CHEESE
- 100 G CHOPPED BACON
- SPICES, BUTTER TO TASTE

Nutritional value

Fat: 27.5g Carbs: 10.5g Protein: 18.07g

Total cost:
R33

7 DAY BUDGET MEAL PLAN



RECIPES DAY 1

Total nutritional
value for today:

Fat: 93.5g

Carbs: 22.5g

Protein: 43g

BREAKFAST: BANTING EGGS BENEDICT (1 SERVING)

- 1. FOR TASTE, ROAST TOMATO SLICES IN A PAN OVER MEDIUM HEAT FOR ABOUT 5 TO 10 MINUTES UNTIL BROWN. THEN LAY THE COOKED TOMATO SLICES ON A PLATE.
- 2. BAKE 1 SLICE OF BACON IN THE OVEN ON 180C FOR ABOUT 10 MINUTES.
- 3. PLACE COOKED BACON STRIP OVER THE TOMATO SLICE.
- 4. POACH THE EGG
 - CRACK BOTH EGGS IN A PAN OR ON A SAUCER.
 - BRING A PAN OF WATER FILLED 5CM DEEP TO A SIMMER.
 - TIP THE EGGS INTO THE PAN, AND COOK FOR 2 MINUTES.
 - TURN OFF THE HEAT AND LEAVE EGGS SITTING FOR 8 TO 10 MINUTES.
 - LIFT THE EGGS OUT WITH A SPOON AND PLACE ON TOP OF THE TOMATO AND BACON LAYERS.
- 5. HOLLANDAISE SAUCE
 - MELT BUTTER
 - MIX MELTED BUTTER, WATER, AND LEMON JUICE TOGETHER. • DRIZZLE ON TOP OF THE POACHED EGGS.

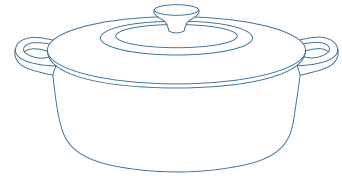
LUNCH: FISH BAKE (1 SERVING)

- 1. PREHEAT OVEN TO 180C.
- 2. PLACE HAKE IN A LARGE BAKING DISH.
- 3. SURROUND THE HAKE WITH TOMATO, CUCUMBER BITS, AND SHREDDED CABBAGE.
- 4. DRIZZLE EVERYTHING WITH OLIVE OIL.
- 5. SEASON WITH SALT AND PEPPER OR ANY ADDITIONAL SPICES.
- 6. BAKE IN THE OVEN FOR ABOUT 25 TO 30 MINUTES.

SUPPER: BAKED STUFFED CABBAGE (3 SERVINGS)

- 1. MIX TOGETHER ALL INGREDIENTS ASIDE FROM THE CABBAGE.
- 2. CUT CABBAGE INTO SLICES, BUT NOT COMPLETELY THROUGH SO THAT IT REMAINS ATTACHED AT THE BASE.
- 3. STUFF CREASES OF CABBAGE WITH CHEESE AND BACON MIX.
- 4. WRAP THE CABBAGE IN FOIL.
- 5. BAKE AT 180C FOR 2 HOURS.

7 DAY BUDGET MEAL PLAN



DAY 2



BREAKFAST: EGG MUG MUFFINS (1 SERVING)

- 2 EGGS
- 1/2 CUP SPINACH
- 1/4 CUP PEPPERS
- SALT/ PEPPER
- HERBS TO TASTE

Nutritional value

Fat: 26g Carbs: 4g Protein: 17g



LUNCH: SPINACH SALAD (1 SERVING)

- " 1 CUP SPINACH
- " 1 TO 2 BOILED EGGS
- " 1/2 AVOCADO (CUBED OR SLICED)
- " 2 STRIPS BACON (CRUMBLD)
- - 50 G WHOLE FAT CHEESE
- " SALT / PEPPER

Nutritional value

Fat: 40g Carbs: 8g Protein: 28g



CAULIFLOWER RICE BOWL (3 SERVINGS)

- 1 CUP CAULIFLOWER RICE
- 1/2 ONION
- 1/2 PEPPER
- 1 GARLIC CLOVE
- 1 TBSP OLIVE OIL
- 1/2 TOMATO
- 1 PORK SAUSAGE

Nutritional value

Fat: 27.5g Carbs: 10.5g Protein: 18.07g

Total cost:
R31

7 DAY BUDGET MEAL PLAN



RECIPES DAY 2

Total nutritional
value for today:
Fat: 93.5g
Carbs: 22.5g
Protein: 43g

BREAKFAST: EGG MUG MUFFINS (1 SERVING)

- 1. MIX ALL INGREDIENTS IN A MUG.
- 2. PLACE IN MICROWAVE FOR 1 MINUTE.
- 3. ADD OPTIONAL SPICES OR ½ AVOCADO.

LUNCH: SPINACH SALAD (1 SERVING)

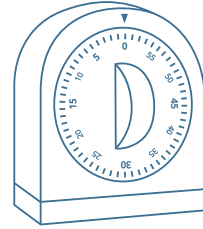
- 1. BOIL EGGS IN THE MORNING WHEN COOKING THE EGG SCRAMBLE.
- 2. PEEL THE EGGS AND SLICE.
- 3. PUT TOGETHER ALL THE SALAD INGREDIENTS AND TOSS WELL.

SUPPER: CAULIFLOWER RICE BOWL (2 SERVINGS)

- 1. PLACE OIL OR FAT IN A SAUCEPAN ON MEDIUM TO HIGH HEAT.
- 2. ADD CHOPPED ONION, PEPPERS, AND GARLIC CLOVES TO A SAUCEPAN TO COOK FOR ABOUT 10 MINUTES.
- 3. TO MAKE CAULIFLOWER RICE, PLACE CAULIFLOWER CHUNKS IN A FOOD PROCESSOR AND PULSE UNTIL BROKEN DOWN INTO RICE-SIZE PIECES. THEN ADD THE CAULIFLOWER RICE TO THE SAUCEPAN ALONG WITH THE CHOPPED TOMATO.
- 4. LET IT COOK UNTIL RICE MIX IS BROWNEED AND SOFT. IT SHOULD BEGIN TO LOOK LIKE RICE.
- 5. TO COOK THE CHICKEN, HEAT THE OVEN TO 180C AND BAKE 2 CHICKEN BREASTS FOR 35-40 MINUTES.
- 6. ONCE CHICKEN AND RICE ARE COOKED, MIXED TOGETHER AND SEASON WITH PREFERRED SPICES, WITH THE OPTION OF AVOCADO.

FREEZE 1 CUP OF CAULIFLOWER FOR ONE OF THE OTHER RECIPES FROM THIS WEEK!

7 DAY BUDGET MEAL PLAN



DAY 3



BREAKFAST: YOGHURT BOWL (1 SERVING)

- AT LEAST 1 CUP (100G) OF FULL FAT YOGHURT OR INKOMAZI.
- ¼ CUP OF SEEDS, NUTS OR NUT BUTTER.
- SPRINKLE WITH CINNAMON

Nutritional value:

Fat: 27g Carbs: 10g Protein: 11g



LUNCH: ZUCHINI SOUP (2 SERVINGS)

- ½ ONION
- 2 CUP ZUCCHINI CHOPPED
- 2 CUP. CHICKEN BROTH FROM BAKED CHICKEN
- 2 GARLIC CLOVES
- 2 TBSP BUTTER
- SALT AND PEPPER TO TASTE

Nutritional value:

Fat: 9g Carbs: 19g Protein: 3g



SUPPER: CHICKEN HEART BURGER PATTIES (1 SERVING)

- 50 G. BEEF MINCE
- 30 G. GRATED CHEESE
- 75 G. MINCED CHICKEN HEARTS
- CABBAGE LEAF
- SALT AND PEPPER TO TASTE

Nutritional value:

Fat: 34g Carbs: 1.3g Protein: 36g

Total cost:
R31

7 DAY BUDGET MEAL PLAN



RECIPES DAY 3

Total nutritional
value for today:

Fat: 90g

Carbs: 24.3g

Protein: 65g

BREAKFAST: YOGHURT BOWL (1 SERVING)

- 1. 1 CUP OF FULL FAT YOGHURT.
- 2. ADD ¼ CUP OF SEEDS, NUTS OR NUT BUTTER.
- 3. SPRINKLE WITH CINNAMON OR DRIZZLE WITH ONE TEASPOON OF HONEY

LUNCH: ZUCCHINI SOUP (2 SERVINGS)

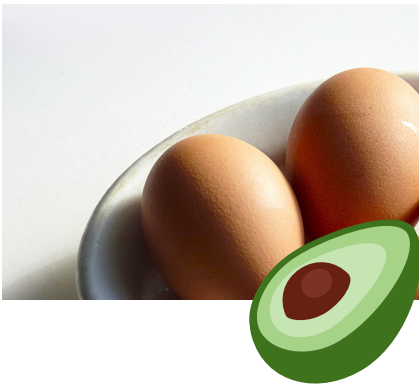
- 1. HEAT A SAUCER OVER THE STOVE ON MEDIUM TO HIGH HEAT.
- 2. PLACE OIL OR FAT INTO THE SAUCER ALONG WITH THE ½ ONION AND GARLIC CLOVES. LET SIMMER FOR ABOUT 10 MINUTES OR UNTIL LIGHTLY BROWN.
- 3. ADD CHICKEN BROTH FROM THE BAKED CHICKEN RECIPE AND LET BOIL OVER THE STOVE FOR ABOUT 5 MINUTES.
- 4. ADD ZUCCHINI AND LET COOK ON MEDIUM HEAT FOR ABOUT 20 MINUTES.
- 5. SPICE WITH SALT AND PEPPER TO TASTE.
- 6. PUREE FOR SOUP TEXTURE

SUPPER: CHICKEN HEART BURGER PATTIES (1 SERVING)

- 1. MIX ALL INGREDIENTS TOGETHER IN A BOWL.
- 2. PAT AND FLATTEN MIXTURE WITH YOUR HANDS.
- 3. PLACE ON A NON-STICK SAUCEPAN AND COOK WITHOUT OIL.
- 4. ALLOW THE BOTTOMS TO BECOME CARAMELIZED BEFORE TURNING OVER.
- 5. ONCE BOTH SIDES ARE CARAMELIZED. REMOVE FROM HEAT
- 6. WRAP IN A CABBAGE LEAF AND ADD ADDITIONAL GARNISH TO TASTE

7 DAY BUDGET MEAL PLAN

DAY 4



BREAKFAST: AVOCADO EGG MIX (1 SERVING)

- ½ AVOCADO
- 2 COOKED EGGS
- ½ CUP MUSHROOMS BAKED IN BUTTER
- TOPPED WITH 50 GRAMS FULL FAT CHEESE

Nutritional value:

Fat: 41g Carbs: 11g Protein: 28g



LUNCH: ROASTED CHICKEN SKINS WITH TOMATO (3 SERVING)

- 200 GRAMS ROASTED CHICKEN SKINS
- 6 RAW TOMATO SLICES

Nutritional value:

Fat: 27g Carbs: 1g Protein: 18g



SUPPER: TUNALICIOUS (2 SERVINGS)

- 1 HALF HEAD BROCCOLI
- 2 GARLIC CLOVES
- 1 CUP. SPINACH
- SALT / PEPPER
- 1 CAN OF SARDINES IN OIL (USE THE OIL)
- 50 G CHEDDAR CHEESE

Nutritional value:

Fat: 14g Carbs: 11g Protein: 26g

Total cost:
R29

7 DAY BUDGET MEAL PLAN



RECIPES DAY 4

Total nutritional
value for today:

Fat: 82g

Carbs: 23g

Protein: 72g

BREAKFAST: AVOCADO EGG MIX (1 SERVING)

- 1. PLACE 1 TSP BUTTER IN A SAUCEPAN ON MEDIUM TO HIGH HEAT.
- 2. PLACE MUSHROOMS IN THE SAUCEPAN AND SIMMER FOR ABOUT 5 MINUTES.
- 3. ADD 2 WHOLE EGGS TO THE SAUCEPAN AND LET COOK.
- 4. ONCE EGGS ARE ALMOST FINISHED COOKING, ADD THE CHEESE AND LET IT MELT.
- 5. SERVE IMMEDIATELY.

LUNCH: ROASTED CHICKEN SKINS WITH TOMATO (1 SERVING)

- 1. USE LEFTOVER CHICKEN SKINS FROM PREVIOUS CHICKEN BREAST MEALS THIS WEEK.
- 2. PLACE CHICKEN SKINS ON A BAKING SHEET AND TURN ON OVEN TO 200C.
- 3. PLACE CHICKEN SKINS IN THE OVEN TO ROAST FOR 10 TO 12 MINUTES.
- 4. ONCE FINISHED SERVED CHICKEN SKINS WITH 2 RAW TOMATO SLICES.

SUPPER: TUNALICIOUS (2 SERVINGS)

- 1. PRE-HEAT OVEN TO 180C
- 2. BREAK BROCCOLI HEAD INTO SMALLER BROCCOLI FLORETS.
- 3. CHOP GARLIC INTO MINCED PIECES AND CUT OR GRATE THE CHEDDAR CHEESE.
- 4. MIX TOGETHER THE BROCCOLI, BUTTERNUT CUBES, SPINACH, CHEESE AND CHOPPED GARLIC.
- 5. PLACE VEGETABLES IN A BAKING DISH TOP WITH THE SARDINES IN OIL
- 6. SEASON WITH SALT AND PEPPER OR PREFERRED SPICES.
- 7. BAKE AT 180C FOR 45-50 MINUTES.

7 DAY BUDGET MEAL PLAN

DAY 5



BREAKFAST: GREEN JUICE (1 SERVING)

- 1 CUP SPINACH
- ½ JUICE OF LEMON
- ¼ AVOCADO
- ½ CUCUMBER SLICES
- DASH OF CINNAMON OR GROUND GINGER

Nutritional value:

Fat: 27.6g Carbs: 14g Protein: 8g



LUNCH: COLE SLAW (2 SERVINGS)

- 1 CUP SHREDDED CABBAGE
- ½ CUCUMBER
- ¼ CUP PEPPERS
- ¼ CUP FULL FAT YOGHURT
- 2 GARLIC CLOVES
- ½ JUICE OF LEMON OR LIME
- SALT AND PEPPER TO TASTE.

Nutritional value:

Fat: 11g Carbs: 10g Protein: 9g



SUPPER: CREAMY CHICKEN LIVER SOUP (2 SERVINGS)

- 250 G CHICKEN LIVERS
- ½ ONION
- 1 CUP BROCCOLI
- 1 GARLIC CLOVE
- 4 TBSP BUTTER
- TOP WITH 1/4 FULL FAT YOGHURT / CREAM

Nutritional value:

Fat: 15g Carbs: 8.9g Protein: 33g

Total cost:
R29

7 DAY BUDGET MEAL PLAN



RECIPES DAY 5

Total nutritional
value

Fat: 53.6g

Carbs: 33g

Protein: 50g

BREAKFAST: GREEN JUICE (1 SERVING)

- 1. BLEND ALL THE INGREDIENTS IN A BLENDER, FOOD PROCESSOR OR GRINDER.

LUNCH: COLE SLAW (2 SERVINGS)

- 1. SHRED ENOUGH CABBAGE TO MEASURE OUT 1 CUP. IT MAY TAKE ABOUT HALF A HEAD.
- 2. SLICE HALF A CUCUMBER INTO THIN SLICES.
- 3. SLICE PEPPERS INTO THIN SLICES.
- 4. CHOP GARLIC CLOVES INTO MINCED PIECES.
- 5. COMBINE ALL INGREDIENTS IN A BOWL AND STIR TOGETHER.

SUPPER: CREAMY CHICKEN LIVER SOUP (2 SERVINGS)

- 1. BAKE CHICKEN LIVERS IN THE OVEN ON 180C FOR ABOUT 35 MINUTES.
- 2. WHILE THE CHICKEN IS BAKING, PLACE A LARGE POT ON MEDIUM TO HIGH HEAT AND ADD 4 TBSP. OF BUTTER.
- 3. CHOP ONION, GARLIC CLOVE, AND BROCCOLI, THEN ADD TO THE POT.
- 4. LET THIS SIMMER ON LOW HEAT WHILE THE CHICKEN IS BAKING.
- 5. ONCE CHICKEN IS BAKED AND COOL, ADD ALL CHICKEN LIVER STOCK TO THE POT.
- 6. SHRED THE CHICKEN INTO SMALLER PIECES AND ADD CHICKEN TO THE POT.
- 7. STIR ALL INGREDIENTS AND LET SIMMER FOR ABOUT 15 MINUTES.

OPTIONAL: TOP WITH FULL FAT CHEESE AND FULL FAT YOGHURT (SOUR CREAM REPLACEMENT).

7 DAY BUDGET MEAL PLAN

DAY 6



BREAKFAST: EGGS IN A HOLE (2 SERVINGS)

- 1 AVOCADO
- 2 EGGS
- OPTIONAL (CHEESE, BACON, CHIVES) FOR GARNISH.
- SALT AND PEPPER TO TASTE

Nutritional value:

Fat: 19g Carbs: 8g Protein: 8g



LUNCH: BACON WRAPPED GREEN PEPPERS (2 SERVINGS)

- 1 GREEN PEPPER
- 100 G CHEDDAR CHEESE
- 4 BACON STRIPS
- ¼ CUP FULL FAT CREAM
- BUTTER

Nutritional value:

Fat: 41g Carbs: 4g Protein: 17g



SUPPER: BAKED MINCE WITH CAULIFLOWER RICE (1 SERVING)

- 125 GRAMS OF RAW BEEF MINCE
- 1 TBSP BUTTER
- 1 ONION
- 1 CUP CAULIFLOWER RICE (LEFTOVER FROM MONDAY)
- OPTIONAL: FULL FAT CREAM
- SPICES, SALT AND PEPPER TO TASTE

Nutritional value:

Fat: 26.8g Carbs: 11.9g Protein: 29g

Total cost:
R29

7 DAY BUDGET MEAL PLAN



RECIPES DAY 6

Total nutritional
value
Fat: 86.8g
Carbs: 23.9g
Protein: 54g

BREAKFAST: EGGS IN A HOLE (2 SERVINGS)

- 1. PREHEAT THE OVEN TO 180°C. TAKE YOUR AVOCADO, CUT IN HALF WITH THE PITS REMOVED AND SCOOP OUT ABOUT 1/3 OF THE MEAT FROM EACH HALF. YOU'LL WANT TO CREATE ENOUGH SPACE FOR THE EGG TO FIT INSIDE.
- 2. PLACE THE AVOCADO HALVES INTO A MUFFIN TIN SO THAT THEIR TOPS ARE FACE UP.
- 3. SPRINKLE EACH HALF WITH GARLIC POWDER, SEA SALT, AND BLACK PEPPER.
- 4. CRACK 1 EGG INTO EACH HALVED AVOCADO AND SPRINKLE THE CHEESE OVER TOPS OF THE EGGS.
- 5. BAKE FOR 12-15 MINUTES, UNTIL THE EGG WHITE IS SET AND NO LONGER WOBBLER WHEN YOU SHAKE THE PAN.

LUNCH: BACON WRAPPED GREEN PEPPERS (2 SERVINGS)

- 1. PREHEAT OVEN TO 180C.
- 2. BEAT THE SOFTENED CREAM CHEESE UNTIL SMOOTH.
- 3. CUT THE PEPPERS IN HALF AND FILL THEM WITH THE CREAM CHEESE MIXTURE.
- 4. WRAP EACH PEPPER WITH A PIECE OF BACON AND SECURE WITH A TOOTHPICK.
- 5. BAKE AT 180C FOR 25-30 MINUTES.
- 6. REMOVE THE TOOTHPICKS AND SERVE IMMEDIATELY.

SUPPER: BAKED MINCE WITH CAULIFLOWER RICE (1 SERVING)

- 1. PLACE BUTTER IN A SAUCEPAN ON MEDIUM TO HIGH HEAT.
- 2. ADD CHOPPED ONION TO SAUCEPAN AND STIR TO COAT.
- 3. THEN ADD THE MINCE AND BAKE UNTIL DONE.
- 4. ADD THE CAULIFLOWER UNTIL IT'S WARMED UP.
- 5. ADD FULL FAT CREAM TO TASTE, SAME GOES FOR SPICES, SALT AND PEPPER.

7 DAY BUDGET MEAL PLAN

DAY 7



BREAKFAST: EGG / BACON / MUSHROOM SCRAMBLE (1 SERVING)

- 2 EGGS
- 3 RASHERS BACON OR BACON STRIPS
- 80 G. MUSHROOM
- 1 TBSP. OIL OR BUTTER

Nutritional value:

Fat: 28g Carbs: 4g Protein: 20g



LUNCH: LEFTOVER

- ON DAY 7, THE FOCUS LIES ON EATING THE LEFTOVERS FROM THE PAST WEEK!



SUPPER: LEFTOVER

- ON DAY 7, THE FOCUS LIES ON EATING THE LEFTOVERS FROM THE PAST WEEK!

20-30
RAND

TIPS ON HOW TO SAVE MONEY



On this page you will find general tips on how to save extra money during your Banting journey. In addition, tips for using food efficiently during your meal planning.

GENERAL TIPS FOR BANTING ON A BUDGET

- 1. WHEN BUYING MEAT, BUY ORGANS. THESE ARE CHEAPER THAN OTHER PARTS. BUY IN BULK AND FREEZE!
- 2. BUY YOUR VEGETABLES AT MARKETS
- 3. BAKE A WHOLE CHICKEN IN THE BEGINNING OF THE WEEK AND USE THE LEFTOVERS DURING THE REST OF THE WEEK FOR OTHER RECIPES.
- 4. MAKE YOUR OWN FULL FAT YOGHURT AND BUTTER OUT OF FRESH CREAM.
- 5. EAT VEGETABLES THAT ARE IN SEASON, CHECK: [HTTP://WWW.JOBURG.CO.ZA/FRUIT-AND-VEG-SEASONAL-CHART/](http://www.joburg.co.za/fruit-and-veg-seasonal-chart/) FOR EXAMPLE
- 6. SWAP BACON FOR PORK RASHERS.
- 7. RENDER YOUR FAT
- 8 VISIT YOUR LOCAL BUTCHER AND PURCHASE WHOLE FAT TO REPLACE OLIVE OIL AND BUTTER

SPECIFIC TIPS FOR THIS MEAL PLAN

- 1. DAY 7 (SUNDAY) IS EASY GOING LEFTOVER DAY! BAKE OR HEAT UP LEFTOVERS FROM OTHER MEALS.
- 2. SAVE THE CHICKEN SKIN OF THE WHOLE CHICKEN FOR OTHER RECIPES.
- 3. MEALS THAT HAVE MORE THAN ONE PORTION CAN BE CONSUMED ON OTHER DAYS.