



**STRESS  
LESS  
WEEK**

**HEALTHY & CHEAP**  
**EAT WELL FOR WELLBEING**

# \$20 FOR THE WEEK

## One Big Pot, Make Ahead

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1 Kilogram Lentils	\$5.00
1 Kilogram Wholemeal Flour	\$2.00
1 Kilogram Onions	\$3.00
1 Kilogram Potatoes	\$3.00
1 Kilogram Pumpkin	\$1.75
A bunch of spinach/silverbeet	\$3.00
2 tins tomatoes	\$3.00

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Things you can do with these ingredients include:

- » Make a big lentil and vegetable soup that will last you all week long.
- » Cook the lentils with onion and spinach and make some simple flat breads to go with it (flour, oil, salt, and water).
- » Cook the breads tortilla style and add chilli to cooked lentils and tomatoes. Any leftover breads can be used to make pita chips! (see page 13).
- » Roast the pumpkin and potatoes and make a warm salad with the spinach leaves and onions.

Remember- you are RMIT students, so get creative and use your imaginations!



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NOT ONLY WILL THESE OPTIONS FILL YOU UP AND KEEP YOU HEALTHY, BUT THEY ARE ALSO VERY TASTY AND QUICK TO PREPARE.

THE PRICES BELOW ARE COLES ONLINE PRICES, BUT IF THERE IS A MARKET NEAR YOU OR A FRUIT AND VEG SHOP, EVERYTHING SHOULD BE CHEAPER, AND YOU COULD TRY TO GET SOME FRUIT AS WELL.

## Tiny Kitchen, Little Time

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1 Kilogram Rice	\$2.30
Whole Head of Cabbage	\$3.00
Bunch Spring Onions	\$2.00
12 Pack Instant Miso Soup	\$3.85
1 Dozen Eggs	\$5.00
1 Jar Minced Garlic	\$1.40
1 Bottle Soy Sauce	\$3.35

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Try shopping at the Asian grocer for this list – you could save a lot of money! You can snack on the miso soup or also have it for breakfast, if you dare! Other things you can make with these ingredients include (but are not limited to):

- » Fried rice with cabbage
- » Egg omelette
- » Stuffed cabbage leaves
- » Fried okonomiyaki-style patties using the egg and cabbage
- » A stir fry including cabbage, soy, garlic, and spring onions!

Sure beats eating Mi Goreng every day!



# HOW TO EAT HEALTHY ON A BUDGET

- Plan your meals and snacks for the week.
- Know how you will use what you buy, how much, and when.
- Make a shopping list and stick to it and don't shop when you're hungry!
- Take leftovers for lunch the following day or freeze for later use.
- Use what you already have.
- Shop at the local markets/farmers markets late for discounted fruit, vegetable, and meat bargains.
- Watch out for supermarket specials of staples (rice, pasta, pasta sauce, bread, and canned veggies) and stock up on them when cheap. Bread can be frozen for at least 2 months, and items such as pasta and rice have a long shelf life.
- Eat fruits and vegetables that are in season.
- Buy smaller amounts of lean meat, skinless chicken and fish, and extend your meals by adding legumes and extra vegetables.
- Make one pot dishes where you can throw everything in together to save energy, time, money, and washing up.
- Drink water instead of juice or sweetened juice - it's free and has zero calories.
- Try to limit takeaway foods and processed foods/drinks to special occasions and small amounts.



# Low-budget items every student should have

Having some common items on hand makes it easier to prepare quick and nutritious meals. The list below is designed to get you started... make sure you add your personal favourites to the list!

## Pantry

Tinned tomatoes

Tomato paste

Tinned vegetables

Tinned beans and lentils

Tinned tuna and salmon

Pasta and rice

Wholegrain breakfast cereal & oats

Pepper & Salt

Condiments: dried herbs and spices, curry powder, tomato sauce, soy sauce, stock cubes

Olive oil

Nut butters

Natural Sweetener- honey, agave, rice malt syrup

Nuts

Bread

Coffee & Tea

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