

Vegan Groceries on a budget

Here is the grocery shopping list for everyone struggling to eat plant-based on a budget. The budget of this list is 30£. The prices are taken from a popular UK supermarket website (Morrison's). Keep in mind that you're not going to buy organic foods when living on a budget. Aim for the store/savers brand if you're on a budget. The shopping list does include some canned product (black beans and chickpeas) however, if you can spend few more pounds on your food buy them dry. This way your next week groceries will be way cheaper as you won't need to buy more canned food-you will still have everything in dried form. The food from the list are gonna be great for someone active that requires a bit more protein and energy throughout the week. If you're not that type of person you can easily swap some of the high calorie dense foods (such as brown rice) for some more fruits and veg.

This list is not a type of list that will leave you empty handed by the end of the week. In fact a majority of the foods here will last you for longer than a week, allowing you to buy different type of food next week. There you go a student budget grocery list:

Item	Prize	How to eat it?
Dry kidney beans 2kg	2£	With rice, in stir fry, in salads. Seasoned with cumin and coriander
Black beans three cans	1.24 (3x0.38) £	With rice, in stir fry, in salads, turned into spreads and sauces. Seasoned with cumin and coriander or just garlic and salt
Brown basmati rice 1kg	1.7£	On its own, with any beans, as a base of salads, as a side dish, in salads
Sweet Potato 1kg	1.25£	On its own, as a mash, steamed, with nuts, baked/roasted
Avocados 1kg	2.4£	As guacamole, on toasts, as a dip in salads.
Apples 1kg	1.5£	With oats, on their own, with carrots as a raw slaw
Frozen fruit 500g	1.5£	In smoothies, with oats
Bananas x10	1.78£	On their own, in smoothies, with oats, as a base for some sauces, on toast
Fresh spinach 600g bag	2£	In smoothies, in salads, steamed, in stir fry
Peppers – 6-7 in a bag	1.35£	With hummus or guacamole, in stir fry, roasted, as a part of sauces, go well with beans and rice
Cucumber	0.6£	With hummus or guacamole, in salads and smoothies
Small jar of olives	0.86£	In stir fry and salads
Tahini	2£	On toast, as a sauce, in hummus
Coriander – a bunch/living one	1£	With any beans
Tinned chickpeas x2	0.8 (0.4x2) £	Roasted on toast with guacamole, as hummus, in salads, in stir fry. Season with salt and garlic.
Porridge 1kg	0.75£	As an oatmeal with apples, frozen fruit and bananas. As

		a part of smoothie. For cookies (with tahini and bananas) as a thickener when blended
Lime juice	0.58£	For hummus and guacamole
Onions – a 1kg bag	0.6£	Can be added to anything savoury
Walnuts	2.67£	Can be added to literally anything
Cumin	1£	Basic seasoning for beans
Dried garlic	0.86£	Basic seasoning for beans and salads.

Total=28.47