

SHOP SMARTER. SAVE MORE. WASTE LESS.



One food shop can make three vegetarian meals, helping you use ingredients across the week, make your food go further and get more from what you spend.

This list helps you make more than one meal from some of the same ingredients, while making use of cupboard staples and longer-lasting foods.

HERE'S YOUR SHOPPING LIST

This should cost around £30 for three vegetarian meals, with ingredients left over for other meals.

- Vegetable oil
- Mild curry paste
- Onion x 2
- Chopped tomatoes 1 x 400g tin
- Light coconut milk 1 x 400g tin
- Tinned lentils 1 x 400g tin
- Red lentils 100g
- Risotto rice 300g
- Vegetable stock / stock cubes
- Butter
- White wine 1 small glass
- Butternut squash 1.5kg
- Baby spinach 200g
- Coconut yoghurt 200ml,
- Fresh sage 1 bunch
- Vegetarian hard cheese 50g
- Garlic 2 cloves
- Potatoes 700g
- Carrots 4
- Parsnips 2
- Fresh coriander 1 small bunch
- Salt and black pepper





SCAN YOUR SCRAN

Before you shop, look inside or take photos of your fridge, freezer and cupboards. Cross off anything you already have from the above shopping list and make your food go further.



MEAL 1 | COCONUT & SQUASH DHANSAK | SERVES 4

A quick vegetarian curry that makes good use of squash, tinned lentils, coconut milk and frozen onions.

You'll need:

- Vegetable oil 1 tbsp
- Butternut squash 500g
- Frozen chopped onions 100g
- Mild curry paste 4 heaped tbsp
- Chopped tomatoes 1 x 400g tin
- Light coconut milk 1 x 400g tin
- Tinned lentils 1 x 400g tin, drained
- Baby spinach 200g
- Coconut yoghurt 150ml, plus extra to serve
- Salt and black pepper

[View the full Coconut & squash dhansak recipe and cooking instructions](#) 



Food-saving idea:

If you already have squash that needs using, start there. You can also cook the squash alongside another oven meal, ready to use later in the week.

MEAL 2 | BUTTERNUT SQUASH & SAGE RISOTTO | SERVES 4

A comforting risotto that uses the same butternut squash as Meal 1, alongside everyday ingredients such as stock, onion, butter and rice.

You'll need:

- Butternut squash 1kg
- Vegetable oil 3 tbsp
- Fresh sage 1 bunch
- Vegetable stock 1.5 litres
- Butter 50g
- Onion 1
- Risotto rice 300g
- White wine 1 small glass
- Vegetarian hard cheese 50g

[View the full Butternut squash & sage risotto recipe and cooking instructions](#)

Food-saving idea:

Buying a larger squash means it can work across two meals rather than being bought for just one recipe. If you have cooked squash left from Meal 1, check whether you can use it here before preparing more.

MEAL 3 | SPICY ROOT & LENTIL CASSEROLE | SERVES 4

A simple meat-free meal built around potatoes, root vegetables, lentils and store-cupboard ingredients.

You'll need:

- Vegetable oil 2 tbsp
- Onion 1
- Garlic 2 cloves
- Potatoes 700g
- Carrots 4
- Parsnips 2
- Curry paste or curry powder 2 tbsp
- Vegetable stock 1 litre
- Red lentils 100g
- Fresh coriander 1 small bunch
- Optional yoghurt to serve

[View the full Spicy root & lentil casserole recipe and cooking instructions](#)

Food-saving idea:

Root vegetables are ideal for checking before you shop. If you already have potatoes, carrots or parsnips at home, use those first rather than buying more.

MAKE THE REST GO FURTHER

Eaten your three meals? Now make the most of everything else in your shop.

Store it.

Keep food where it will stay fresh for longer and move anything that needs using soon to the front of the fridge, so it does not get forgotten.

Freeze it.

Not going to use something in time? Check if you can freeze it. Bread, milk, fruit, vegetables and leftovers can all be saved for another day.

Use it again.

A few leftover ingredients can become tomorrow's lunch, a quick dinner or a snack. Vegetables can go into soups, curries or pasta sauces, while leftover meat can work in wraps, sandwiches or salads.

Not sure what to make?

Search the ingredients you have left for recipe ideas and see what you can make before buying anything else.

A little planning does not have to stop after your three meals. Store it, freeze it or use it again and get more from the food you have already paid for.

For more tips on how to save money and waste less food visit:

www.zerowastelcr.com/use-me-dont-bin-me/ 

