

Budgeting and Recipe Modification

This fact sheet is one in a series developed for cancer survivors who have finished active treatment. Eating well and maintaining a healthy weight may help lower the chances of some cancers returning and improve overall health.



Most people should eat more fruit and vegetables. One way to do this is to change your meat-based recipes by substituting some or all of the meat with vegetables, beans and lentils.

What are the benefits?

Not only will modifying your recipes help save you money – because meat tends to be more expensive than vegetables – it will help you reduce your fat intake, increase the amount of fibre you eat, and help you eat five serves of vegetables a day.

How can I change my recipes?

It's easy to modify traditional recipes by adding chopped or grated vegetables in place of meat. See the fact sheet *Fruit and Vegetables* for more ideas.

tips

- Aim to include no more than 100 g meat/fish/poultry per person in a recipe.
- Decrease the amount of mince in bolognaise sauce, shepherd's pie, tacos and homemade hamburger patties by adding grated carrots, celery and zucchini, or cooked red lentils.
- Decrease the amount of meat on pizza by adding vegetables such as mushrooms, capsicum, onions, corn kernels, sliced potato and pumpkin, and fruits such as pineapple.
- Use tofu as a meat replacement in stir-fries.
- Add cooked or leftover vegetables to omelettes and soups.

How to save money

The ingredient list in the following dishes show how some simple changes can equal savings in the supermarket.

Spaghetti bolognaise – Serves 4

ORIGINAL	Amount	Price	MODIFIED	Amount	Price
Canola oil	15 mL	\$0.06	Canola oil	15 mL	\$0.06
Brown onion	150 g	\$0.28	Brown onion	150 g	\$0.28
Garlic	35 g (1 clove)	\$0.22	Garlic	35 g (1 clove)	\$0.22
Minced beef	500 g	\$6.48	Minced beef	250 g	\$3.24
Canned tomatoes	410 g	\$0.91	Canned tomatoes	410 g	\$0.91
Tomato paste	140 g	\$0.90	Tomato paste	140 g	\$0.90
Beef stock	60 mL	\$0.02	Beef stock	60 mL	\$0.02
Sugar	5 g	\$0.01	Sugar	5 g	\$0.01
Fresh parsley	20 g	\$0.26	Zucchini	100 g	\$0.81
Spaghetti	375 g	\$1.13	Carrot	120 g	\$0.26
			Mushrooms	50 g	\$0.13
			Fresh parsley	20 g	\$0.26
			Spaghetti	375 g	\$1.13
	TOTAL	\$10.25		TOTAL	\$7.10

Total price saving = \$3.15 (31%)



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Hamburger patties – Serves 4

ORIGINAL	Amount	Price	MODIFIED	Amount	Price
Minced meat	675 g	\$8.74	Minced meat	400 g	\$5.18
Onions	150 g	\$0.28	Onions	150 g	\$0.28
Breadcrumbs	125 g	\$0.53	Breadcrumbs	125 g	\$0.53
Egg	1	\$0.40	Egg	1	\$0.40
Canola oil	10 mL	\$0.04	Canola oil	10 mL	\$0.04
Soy sauce	10 mL	\$0.06	Soy sauce	10 mL	\$0.06
Fresh parsley	20 g	\$0.26	Fresh parsley	20 g	\$0.26
Flour	10 g	\$0.02	Flour	10 g	\$0.02
Ground pepper	5 g	\$0.35	Ground pepper	5 g	\$0.35
			Carrot grated	150 g	\$0.33
			Zucchini grated	130 g	\$1.05
	TOTAL	\$10.68		TOTAL	\$8.50

Total price saving = \$2.18 (21%)

BBQ meat kebabs – Serves 6

ORIGINAL	Amount	Price	MODIFIED	Amount	Price
Diced steak	1 kg	\$14.99	Diced steak	600 g	\$8.99
Canola oil	25 mL	\$0.10	Canola oil	25 mL	\$0.10
			Button mushrooms	60 g (6)	\$0.77
			Onion	150 g	\$0.28
			Cherry tomatoes	90 g (6)	\$0.75
			Capsicum	100 g	\$0.34
	TOTAL	\$15.09		TOTAL	\$11.23

Total price saving = \$3.86 (26%)

This fact sheet provides general information only and is not a substitute for individual health advice. You should talk to your doctor or dietitian about your specific situation.

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