

NICOLE'S SURVIVAL GUIDE

TO LIVING BELOW THE LINE

Your fellow live below the liner's are your best bet for a tastier pantry set-up, swap your excess for some useful items that someone else is likely to have bought in bulk.

Also make sure you're drinking enough water during the challenge, aim for 1.5-2L each day. This can also help with your hunger cues, we often mistake the feeling of thirst as the feeling of hunger, so keep well hydrated!

1. Try to swap some pasta or bread for half a dozen eggs. You're bound to have some of these items left over and that creates eggs on toast or a boiled egg with soldiers as extra breakfast and snack items
2. If you have anyone to swap carrots with, you can buy 1 carrot for 43c or a whole kilogram for 99c, another great choice to snack on and a great source of dietary fibre, try to swap these carrots for some extra veg for your pasta like some broccoli or spinach.
3. Something to spruce up the porridge can make all the difference, such as some cinnamon or honey.
4. Cheese can add flavor to your pasta, give you cheese on toast or on your baked beans.

"I HAVE COMPLETED THE LIVE BELOW THE LINE CHALLENGE TWICE, AND I HAVE TO SAY, I'D MUCH RATHER HAVE TASTIER/SMALLER MEALS WITH MORE VARIETY THAN A WHOLE LOT OF PLAIN PASTA LEFT OVER."



SHOPPING LIST

ITEM	COST
<input type="checkbox"/> HALF A BUTTERNUT PUMPKIN	\$ 1.75
<input type="checkbox"/> CHICKEN NOODLE SOUP MIX	\$ 0.45
<input type="checkbox"/> HOME BRAND ROLLED OATS 750G	\$ 1.10
<input type="checkbox"/> SELECT UHT SEMI SKIM MILK 1L	\$.90
<input type="checkbox"/> BANANA	\$.48
<input type="checkbox"/> CHUNK TUNA (IN OIL & CHILLI)	\$ 1.80
<input type="checkbox"/> PASTA (PENNE) 500G	\$ 0.65
<input type="checkbox"/> BAKED BEANS 420G	\$ 0.65
<input type="checkbox"/> MULTIGRAIN / WHOLEMEAL BREAD 20 SLICES	\$ 1.49
<input type="checkbox"/> CARROT	\$.43

TOTAL COST FOR THE WEEK:

\$9.70

RECIPES

Pumpkin soup *6 serves = \$2.20

Cut up the pumpkin up into cubes and place in boiling water until soft. Blend in a blender or with a hand-held mixer. Make up chicken noodle soup according to packet instructions. Then mix together and divide into containers.

Chilli tuna pasta *3 serves = \$2.45

Cook your pasta in boiling water, once cooked stir through the chilli flavoured tuna and add in any cooked vegetables you have (e.g. carrot).

Oats >5 serves = 40c

Cook ½ cup of oats in 1 cup of milk for about 1 minute in the microwave.

MEAL PLAN



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Oats with Milk & 4 slices of Banana	Oats with Milk	Oats with Milk & 4 slices of Banana	Oats with Milk	Oats with Milk
LUNCH	Pumpkin Soup w toast (2 slices)	Chilli Tuna Pasta	Baked Beans on Toast (2 slices)	Pumpkin Soup w toast (2 slices)	Pumpkin Soup w toast (2 slices)
DINNER	Chilli Tuna Pasta	Pumpkin Soup w toast (2 slices)	Pumpkin Soup	Chilli Tuna Pasta	Baked Beans on Toast (2 slices)
SNACK		Baked Beans on Toast (2 slices)	Apple	1/2 a Banana	

You got this!

Great work!

you're halfway!

Awesome job!