

FREE LEAD MAGNET · DRAFT FOR REVIEW · 14 NOV 2026, ASIA/MANILA

A 7-day Filipino budget vegan meal plan

From the recipes in Paolo Estrabo's free 271-page cookbook. Built for two people, with leftovers so you cook each ulam once. Costs are estimates for a palengke-and-supermarket shop, dated and sourced — not a promise of what you will pay at your market.

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How this week works

Every main dish is a recipe from the free cookbook. You cook it once, eat it twice, and keep rice on the cooker. Breakfasts are simple. Banana cue is the weekend merienda. Skip celery, nutritional yeast, and fancy stock if you want to keep the bill down — the recipes still work.

₱1,846	₱263.71	₱44
WORKING TOTAL FOR TWO, ONE WEEK	WORKING COST PER DAY, FOR TWO	WORKING COST PER PERSON, PER MEAL

Read this before you trust the peso figures. These are estimates as of 14 November 2026, Asia/Manila. Sourced unit prices come from the Department of Agriculture Price Monitoring report dated 11 November 2026 (NCR prevailing averages, as summarized by Index Data from official record PH-DA-114047), Numbeo supermarket averages last updated 14 November 2026, GroceryBudget's October 2026 palengke and supermarket ranges, and tofu retail listings retrieved on 14 November 2026. Where no reliable 2026 unit price was found, the line is marked Estimate. Mushrooms have a very wide published range, so a fair week total sits around **₱1,805.70–₱2,011.65** if you swap the working mushroom price for Numbeo's low end or its average. Your palengke will differ. This is not a guaranteed grocery bill.

The leftover logic

- Each lunch-and-dinner ulam is cooked once for 4 servings (sisig is 3–4, so that leftover lunch is a smaller plate, bulked out with rice and ensaladang talong).
- Champorado and arroz caldo each make 4 servings, so they cover more than one breakfast.
- If you already have soy sauce, vinegar, oil, sugar, and salt, subtract about ₱90.31 from the working total (the used-up pantry share in this estimate).

Recipes used: Tofu Silog with Garlic Rice; Vegan Filipino Adobo with Kangkong and Crispy Tofu; Ginisang Monggo with Malunggay; Sinigang na Gulay; Sizzling Mushroom & Tofu Sisig; Ginataang Kalabasa at Sitaw; Pancit Canton with Tofu & Vegetables; Coconut Champorado; Arroz Caldo with Crispy Garlic & Tofu; Banana Cue; Ensaladang Talong. Full methods are in the free cookbook at ecoveganpaolo-cookbook.pages.dev.

Days 1–4





DAY 1 · SUNDAY · COOK THE ADOBO

Breakfast: Tofu Silog with Garlic Rice (cookbook; serves 2). Skip nutritional yeast and black salt if you do not have them — turmeric, tomato, and garlic rice still make a proper silog.

Lunch & dinner: Vegan Filipino Adobo with Kangkong and Crispy Tofu (serves 4). Eat half at lunch, half at dinner, both with rice. Char the talong for ensaladang talong in the evening if you have time, and keep the salad for tomorrow too.

DAY 2 · MONDAY · MONGGO ON THE STOVE

Breakfast: Coconut Champorado (serves 4). Eat one bowl each; cool the rest for tomorrow.

Lunch: Leftover adobo and rice, with ensaladang talong.

Dinner: Ginisang Monggo with Malunggay (serves 4–6). The optional coconut milk is left out here to keep the bill down. Fry the tofu once; the pot will feed tomorrow's lunch.

DAY 3 · TUESDAY · SINIGANG NIGHT

Breakfast: Leftover champorado, loosened with a splash of water or coconut milk.

Lunch: Leftover monggo and rice.

Dinner: Sinigang na Gulay (serves 4–6). Check the tamarind mix is vegan. The pot is even better the next day.

DAY 4 · WEDNESDAY · SISIG

Breakfast: Leftover garlic-style fried rice, if any, or plain rice with tomato and a little leftover tofu from the silog pan.

Lunch: Leftover sinigang and rice.

Dinner: Sizzling Mushroom & Tofu Sisig (serves 3–4). Save a smaller leftover lunch for tomorrow and bulk it out with rice and the last of the ensalada.

Days 5–7





DAY 5 · THURSDAY · GINATAAN

Breakfast: Plain rice or a small leftover bowl of monggo, if any remains.

Lunch: Leftover sisig, rice, and salad.

Dinner: Ginataang Kalabasa at Sitaw (serves 4). The tofu is optional in the original recipe; this plan includes it so leftovers are more filling. Keep half for Friday lunch.

DAY 6 · FRIDAY · PANCIT

Breakfast: Leftover ginataan with rice — a normal Filipino breakfast, and a good one.

Lunch: The rest of the ginataan.

Dinner: Pancit Canton with Tofu & Vegetables (serves 4). Skip celery if the supermarket price is high (Numbeo listed celery at ₱500.81/kg on 14 Nov 2026). Use more cabbage instead. Save half for tomorrow's lunch.

DAY 7 · SATURDAY · ARROZ CALDO AND BANANA CUE

Breakfast & dinner: Arroz Caldo with Crispy Garlic & Tofu (serves 4). A Saturday pot that works in the morning and again at night. Top with calamansi and the last of the spring onions.

Lunch: Leftover pancit, with calamansi.

Merienda: Banana Cue (serves 4, eight skewers). Strain and reuse the frying oil if it is still clean; the cost table already includes 400 ml of oil for the week.

The photo on the right is from the same real kitchen set as the other stills (a kare-kare plate). Kare-kare is not on this 7-day menu; it is here because it is an honest photo from the same home, not a stock image. Cook it another week from the cookbook if you want to.

Shopping list and cost estimates

Working total ₱1,846 for two people for seven days, or about ₱44 per person per meal if you count 42 person-meals (2 people × 3 meals × 7 days). Banana cue is extra merienda on top of that rhythm. Lines marked Estimate or Proxy are not exact shelf prices.

ITEM, WITH THE AMOUNT THIS PLAN USES	KIND	ESTIMATE
Well-milled rice, 3 kg (daily rice, silog, arroz caldo)	Sourced	**₱147.30**
Glutinous rice, 300 g (champorado and arroz caldo)	Proxy	**₱32.41**
Firm tofu, 2.1 kg (mains, silog, arroz caldo)	Sourced	**₱220.50**
Coconut milk, 2 × 400 ml (ginataan, champorado)	Sourced	**₱151**
Red onions, 1.2 kg (about 8 onions)	Sourced	**₱151.27**
Garlic, 200 g	Sourced	**₱30**
Tomatoes, 800 g	Sourced	**₱64**
Ginger, 150 g	Sourced	**₱54**
Kangkong, 2 bundles (adobo + sinigang)	Sourced	**₱37**
Eggplant, 2 long / about 700 g (sinigang, ensalada)	Sourced	**₱114.60**
Sitaw / long beans, 350 g	Sourced	**₱59.59**
Cabbage, 200 g (pancit)	Sourced	**₱18.50**
Carrots, about 300 g (pancit)	Sourced	**₱89.47**
Saba bananas, 8 pcs / about 1.2 kg	Sourced	**₱63**
Calamansi, 500 g	Sourced	**₱36.25**
Soy sauce, 300 ml used	Sourced	**₱19.50**
Cane vinegar, 150 ml used	Sourced	**₱7.12**
Cooking oil, 400 ml used (incl. banana cue; reuse if clean)	Sourced	**₱40.40**
Brown sugar, 200 g	Sourced	**₱21.91**
Cocoa powder, 40 g (champorado)	Sourced	**₱44.51**
Vegan mayo, 45 g (sisig; priced with regular mayo as a proxy)	Proxy	**₱20.55**
Salt, 50 g	Sourced	**₱1.38**
Turmeric, about 2 g	Sourced	**₱1.70**
Mushrooms, 450 g (adobo and sisig)	Estimate	**₱112.50**
Dried mung beans, 250 g	Estimate	**₱22.50**
Kalabasa (squash), 600 g	Estimate	**₱42**
Okra, 8 pieces (about 200 g)	Estimate	**₱16**
Labanos (daikon), about 300 g	Estimate	**₱18**
Malunggay, 2 handfuls	Estimate	**₱20**
Spring onions, 3 bunches	Estimate	**₱36**
Chillies, week's lot	Estimate	**₱15**
Egg-free canton noodles, 250 g	Estimate	**₱60**
Tamarind sinigang mix, 40 g (confirm vegan)	Estimate	**₱30**
Vegan mushroom sauce, amount used in pancit	Estimate	**₱20**
Cornflour, a little for adobo tofu	Estimate	**₱5**
Vegetable stock or homemade scrap stock	Estimate	**₱15**
Bay leaves and peppercorns, a pinch	Estimate	**₱8**
Working total		**₱1,846**

S = sourced unit price · P = sourced proxy · E = estimate, no reliable 2026 unit price found

Sources, ranges, and honesty

Price date for this PDF: **14 November 2026, Asia/Manila**. Official and published sources used:

- Department of Agriculture Price Monitoring, 11 November 2026 (PH-DA-114047), NCR prevailing averages as summarized by Index Data: well-milled local rice ₱49.10/kg (low ₱40, high ₱53); local red onion ₱126.06/kg. Official DA price pages: da.gov.ph/price-monitoring/ and bantaypresyo.da.gov.ph.
- Numbeo supermarket prices for the Philippines, last update 14 November 2026: coconut milk ₱75.50 per 400 ml; brown sugar ₱109.56/kg; white sugar ₱83.88/kg; eggplant ₱163.72/kg; green beans ₱170.25/kg; carrots ₱298.25/kg; ginger ₱360/kg; cocoa powder ₱111.28 per 100 g; mayonnaise ₱182.66 per 400 g; sushi rice ₱108.05/kg; turmeric ₱42.53 per 50 g; mushrooms ₱618.17/kg average, range ₱160.50–₱1,169. numbeo.com/grocery-prices/country_result.jsp?country=Philippines
- GroceryBudget, "Philippine Grocery Price List 2026," updated October 2026: palengke ranges for garlic, soy sauce, vinegar, cooking oil, tomatoes, kangkong, saba bananas, calamansi, cabbage, and salt. Midpoints of those ranges were used. grocerybudget.app/blog/philippine-grocery-price-list-2026
- Tofu retail listings retrieved 14 November 2026: SM Bonus assorted tofu ₱132/kg (shopsm.com); Global Fresh tofu 1 kg ₱79 (Foodpanda, The Marketplace Power Plant); Kem-Kang Chinese Momen Tofu 500 g ₱47.50 (Daily Supermarket). This plan uses a working midpoint of ₱105/kg.

Mushroom range matters. If the 450 g of mushrooms in this plan are priced at Numbeo's low end (₱160.50/kg), the week total moves to about ₱1,805.70. If they are priced at Numbeo's average (₱618.17/kg), it moves to about ₱2,011.65. The working total uses ₱250/kg, which is an estimate inside that published range, not a surveyed palengke price.

Items marked Estimate (mung beans, squash, okra, labanos, malunggay, spring onions, chillies, egg-free canton, sinigang mix, mushroom sauce, cornflour, stock, bay and pepper) had no reliable 2026 unit price in the sources above. Those lines are working figures so the plan can still add up. Replace them with what you actually pay.

This PDF is a lead magnet draft for Paolo's review. It has not been published. When it goes out, keep the cost page dated, and refresh the numbers if you use it again in another month. The full recipes — ingredients, steps, and servings — live in the free 271-page cookbook.

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