

Shopping List for Meal Plan 1 (Aldi) as at 17th March 2022

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Broccoli	£	0.47
Onions XL 3 pack	£	1.19
Carrots 1.5kg	£	0.45
Potatoes 2kg	£	0.89
Peppers pack 600g	£	0.96
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Spring Onions	£	0.29
Limes 5 pack	£	0.89
Cucumber	£	0.43
Sweet Gem Lettuce	£	0.75
Avocado	£	0.79
Cherry Tomatoes 300g	£	0.75

Grated Mature Cheddar 250g	£	1.49
Chicken Fillets 300g	£	1.79
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Beef Mince 500g	£	2.49
Salmon 500g	£	6.59
Chorizo ring 200g	£	1.69
Greek Yoghurt 500g	£	0.49
Halloumi 225g	£	1.59
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Penne Pasta 500g	£	0.29
Chopped Tomatoes 400g	£	0.40
Chopped Tomatoes 400g	£	0.40
Chopped Tomatoes 400g	£	0.40
Kidney Beans 400g	£	0.59
Mini Tortilla Wraps 8 pack	£	0.49
Salted Peanuts 200g	£	0.46
Brioche Buns 4 pack	£	0.89
Garlic Puree 75g	£	0.69
Noodles 250g	£	0.69
Peanut Butter 340g	£	0.89
Tinned Sweetcorn 340g	£	0.41
Cajun Seasoning	£	0.65

TOTAL £ 35.58

Storecupboard:

(Check you have these)

Olive Oil
Sweet Chilli sauce
Soy Sauce
Salt
Honey
Tikka Seasoning
Garlic Granules
Mango Chutney
Paprika
Cumin
Smoked Sweet Paprika
Oregano
Black pepper
Vegetable stock
Fresh Basil*

* Optional