

## Shopping List for Meal Plan 4 (Aldi) as at 27th April 2022

[www.tamingtwins.com](http://www.tamingtwins.com)

2 Bake at Home White Baguettes 300g	£	0.49
Soft Mini Wraps 8 pack	£	0.55
4 Sliced Brioche Buns 200g	£	0.89
Garlic & Herb Soft Cheese reduced fat 200g	£	0.69
Spanish Cheese and Meat Selection 135g	£	1.69
Low Fat Natural Yoghurt 500g	£	0.45
Halloumi 225g	£	1.69
Halloumi 225g	£	1.69
Chopped Tomatoes 400g	£	0.28
Penne Pasta 500g	£	0.59
Spanish Grains 250g	£	0.89
Light Mayonnaise 504g	£	0.45
Long Grain Microwave Rice 250g	£	0.35
Long Grain Microwave Rice 250g	£	0.35
Garlic Puree 75	£	0.69
Ginger Puree 75g	£	0.69
Cajun Seasoning 47g	£	0.65
Tinned Sweetcorn 340g	£	0.41
Pitted Black Olives 340g	£	0.49
Family Pack Peppers 600g	£	0.96
Family Pack Peppers 600g	£	0.96
Large Avocado	£	0.89
Cherry Tomatoes 250g	£	0.48
Mixed Chillies 65g	£	0.49
Baby Potatoes 1kg	£	0.79
Spring Onions 100g	£	0.40
Carrots 500g	£	0.27
Little Gem Lettuce 2 Pack	£	0.69
Large Cucumber	£	0.69
Celery	£	0.46
Red Onions 1kg	£	0.63
Salad Tomatoes 6 Pack	£	0.69
Raw King Prawns 160g	£	1.99
Raw King Prawns 160g	£	1.99
Diced Chicken Breast 400g	£	2.79
Lamb Mince 475g	£	3.69
Pork Mince 5% 500g	£	2.25
<b>TOTAL</b>	<b>£</b>	<b>35.09</b>

### Storecupboard:

(Check you have these)

Olive Oil  
Smoked Paprika  
Pepper  
Salt  
Sweet Chilli Sauce  
Garlic Powder  
Ground Cinnamon  
Ground Coriander  
Ground Cumin  
Lemon Juice\*  
Red Wine Vinegar\*  
Fresh or Dried Mint\*  
Dried Oregano\*  
Soy Sauce  
Oyster Sauce  
Chinese Five Spice

\* Optional