

## Shopping List for Meal Plan 5 (Aldi) as at 11th May 2022

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

2 Bake at Home White Baguettes 300g	£	0.49
Soft Mini Wraps 8 pack	£	0.55
Mature Cheddar Grated 250g	£	1.49
Low Fat Natural Yoghurt 500g	£	0.45
Halloumi 225g	£	1.69
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Plain Poppadoms 8 pack	£	0.85
Long Grain Rice 1kg	£	0.45
Fine Cut Marmalade 454g	£	0.49
Tuna Chunks in brine 145g	£	0.59
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Penne Pasta 500g	£	0.59
Tomato Passata 500g	£	0.39
Chopped Tomatoes 400g	£	0.28
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Ginger Puree 75g	£	0.69
Garlic Puree 75g	£	0.69
Mango Chutney 370g	£	1.09
Medium Curry Powder 90g	£	0.79
Diced Beef 700g	£	4.99
Cumberland Sausages 8 pack	£	1.35
Diced Chicken Breast 600g	£	3.89
Baby Spinach 240g	£	0.75
Aubergine	£	0.69
Courgettes 500g	£	1.15
Courgettes 500g	£	1.15
Brown Onions 1kg	£	0.50
Avocado Large	£	0.89
Leeks 500g	£	0.95
Carrots 500g	£	0.24
Broccoli	£	0.50
Baking Potatoes Pack 4	£	0.42
Peppers 600g	£	0.96
Cherry Tomatoes 250g	£	0.48
Limes	£	0.89
TOTAL	£	34.21

### Storecupboard:

(Check you have these)

Olive Oil  
Chilli Powder  
Ground Cumin  
Cumin seeds  
Paprika  
Cayenne Pepper  
Garlic Powder  
Sea Salt  
Ground Black Pepper  
Dried Thyme  
Curry spice paste  
Garam Masala  
Beef Stock cube  
Tomato Puree  
Honey  
Fresh parsley or basil\*  
Balsamic Vinegar  
Oregano

\*optional