

## Shopping List for Meal Plan 6 (Aldi) as at May 2022

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

Mini Wraps 8 Pack	£	0.55
Onions 1kg	£	0.62
Courgettes 500g	£	1.15
Potatoes 2.5kg	£	0.89
Nature's Pick Little Gem Lettuce	£	0.69
Large Cucumber	£	0.69
Peppers Pack 600g	£	0.96
Button Mushrooms 200g	£	0.85
Everyday Essentials Lemons	£	0.50
Sweet Potatoes 1kg	£	0.95
Smoked Back Bacon 300g	£	1.25
Chicken Breast Fillets 300g	£	1.85
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5% Fat Lean Beef Mince 500g	£	2.89
Gadren Peas Frozen 900g	£	0.55
Everyday Essentials Kidney Beans 400g	£	0.30
Chick Peas in Water 400g	£	0.35
Reduced Fat Coconut Milk 400ml	£	0.69
Tomato Passata 500g	£	0.39
Tomato Passata 500g	£	0.39
Chopped Tomatoes in Juice	£	0.28
Garlic Puree 75g	£	0.69
Penne Pasta 500g	£	0.29
Tomato Puree 200g	£	0.31
Roasted Salted Peanuts 200g	£	0.46
Long Grain Rice 1kg	£	0.45
Crunchy Peanut Butter 340g	£	0.89
Greek Style Fat Free Yoghurt 500g	£	0.59
Mature Grated Cheddar 250g	£	1.59
Full Fat Soft Cheese 200g	£	0.75
Mozzerella 200g	£	0.43
Medium Free Range Eggs 6 pack	£	0.89
Boneless Side of Salmon 500g	£	6.59
<b>TOTAL</b>	<b>£</b>	<b>32.57</b>

### Storecupboard: (Check you have these)

Olive oil  
Dried chilli flakes  
Pepper  
Dried Oregano  
Salt  
Garlic Powder  
Ground Ginger  
Ground Cumin  
Paprika  
Ground Coriander\*  
Basil leaves\*  
Plain Flour  
Breadcrumbs

\* Optional