

Shopping List for Meal Plan 7 (Aldi) as 1st June 2022

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Brioche Buns 4 pack	£	0.89
Eggs 10 pack	£	1.29
Natural Yoghurt 500g	£	0.45
Grated Medium Cheese 250g	£	1.75
Garden Peas 900g	£	0.55
Frozen Butternut Squash chunks 500g	£	0.75
Beef Mince 20% 500g	£	1.89
Chicken Breasts Fillets 300g	£	1.99
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2 Boneless Salmon Fillets 240g	£	3.15
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Potatoes 2.5kg	£	0.89
Carrots 500g	£	0.24
Cauliflower	£	0.82
White Cabbage	£	0.59
Little Gem Lettuce 2 pack	£	0.69
Onions 1 kg	£	0.49
Broccoli	£	0.50
Flat Leaf Parsley 30g	£	0.55
Cucumber	£	0.49
Limes	£	0.99
Garlic Puree	£	0.69
Basmati Rice 1kg	£	0.45
Tinned Tomatoes 400g	£	0.28
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Tinned Tomatoes 400g	£	0.28
Peanut Butter Crunchy	£	0.99
Green Lentils 390g	£	0.49
Coconut Milk 400ml	£	0.69
Coconut Milk 400ml	£	0.69
Spaghetti 500g	£	0.23
Tomato Puree 200g	£	0.31
TOTAL	£	29.48

Storecupboard:

(Check you have these)

Olive Oil
Garam Masala
Garlic Powder
Salt and Pepper
Plain Flour
Oregano
Soy Sauce
Balsamic Vinegar
Mayonaise
Milk
Ground ginger
Honey
Mango Chutney
Breadcrumbs
Curry Paste/Powder