

Shopping List for Meal Plan 8 (Aldi) as at 14th June 2022

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500g Beef Mince 10% Fat	£	2.49
Smoked Salmon 200g	£	4.29
Chicken Sizzler Fillets 500g	£	3.39
Pork Loin Medallions 400g	£	2.69
6 Eggs Medium	£	0.89
Milk 568ml	£	0.69
Garlic and Herb Cream Cheese 200g	£	0.75
Grana Padano Grated	£	1.39
Garlic 4 Pack	£	0.79
Ginger paste	£	0.69
Cherry Tomatoes 330g	£	0.77
Cherry Tomatoes 330g	£	0.77
Spring Onions 100g	£	0.49
Broccoli	£	0.50
Salad Potatoes 1kg	£	0.95
Salad Potatoes 1kg	£	0.95
Lemon 4 Pack	£	0.50
Onions 1kg	£	0.49
Green Beans 220g	£	0.80
Green Beans 220g	£	0.80
Mangetout 150g	£	0.95
Red pepper	£	0.42
Red pepper	£	0.42
Rice 1kg	£	0.45
Spaghetti 500g	£	0.23
Basil Pesto	£	0.69
Tinned Tomatoes	£	0.28
Medium Dry Egg noodles 250g	£	0.85
Tomato Puree 200g	£	0.34
	£	29.71

Storecupboard:

(Check you have these)

Soy sauce

Oyster Sauce

Salt

Cornflour

Dried dill

Honey

Pepper

Olive Oil

Vegetable Stock

Vegetable Oil

Bicarbonate of Soda

Greek yoghurt (optional)

Mayonnaise (optional)

Sesame Seeds (optional)

Peanuts (optional)