

## Shopping List for Meal Plan 11 (Aldi) as at July 2022

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

Garlic 4 pack	£	0.79
5 limes	£	0.85
Cherry Tomatoes 250g	£	0.50
Baking potatoes 4 pack	£	0.55
Bistro Salad	£	0.75
Courgettes 500g	£	0.95
Courgettes 500g	£	0.95
Spring Onions 100g	£	0.49
Red Onions Bag 1kg	£	0.75
Everyday essentials mixed peppers	£	1.16
Broccoli	£	0.53
Chorizo ring	£	1.79
Chicken Breasts 300g	£	2.15
Chicken Breasts 300g	£	2.15
Italian Prosciutto 120g	£	1.59
Frozen basa fillets*	£	2.19
Frozen Green Beans 1kg	£	0.59
Halloumi 225g	£	1.79
Halloumi 225g	£	1.79
Everyday Essentials Grated Mozzarella 500g	£	2.25
Ricotta 250g	£	0.89
Garlic and Herb Soft Cheese 200g	£	0.79
Lasagne 500g	£	0.69
Passata 500g	£	0.39
Chopped tomatoes 400g	£	0.28
Chopped tomatoes 400g	£	0.28
Gnocchi 500g	£	0.75
Reduced fat coconut milk 400ml	£	0.69
Rice 1kg	£	0.45
Small Tortilla Wraps	£	0.55
TOTAL	£	30.32

### Storecupboard

Garlic powder  
Oregano  
Honey  
Olive Oil  
Salt  
Sweet Chilli Sauce  
Pepper  
Ketchup  
Mayonnaise  
Chilli Flakes  
Sweet Smoked Paprika  
Balsamic vinegar  
Pesto  
Tomato Puree

\* Or alternative white fish, depending on what is in stock. I had to use cod as couldn't get the basa.