

Shopping List for Meal Plan 9 (Aldi) as at June 2022

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|------------------------------------|---|------|
| Everyday Essentials Rice | £ | 0.45 |
| Naan Bread 2 Pack | £ | 0.59 |
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| Mini Tortilla Wraps 8 Pack | £ | 0.55 |
| Grated Mozzarella 250g | £ | 1.75 |
| Grated Mature Cheddar 250g | £ | 1.75 |
| Halloumi 225g | £ | 1.69 |
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| Greek Yoghurt 500g | £ | 0.59 |
| Penne Pasta 500g | £ | 0.59 |
| Passata 500g | £ | 0.39 |
| Tomato Puree 200g | £ | 0.34 |
| Tinned Chopped Tomatoes 400g | £ | 0.28 |
| Sweetcorn Tinned 340g | £ | 0.41 |
| Salmon Fillets 4 Pack | £ | 4.40 |
| Peperoni Slices 120g | £ | 0.85 |
| Diced Beef 700g | £ | 5.49 |
| Chicken Breast Fillets 2 Pack 300g | £ | 2.09 |
| Bacon 300g | £ | 1.25 |
| Frozen Green Beans 1kg* | £ | 0.59 |
| Garlic Paste 75g | £ | 0.69 |
| Red Onions 1kg | £ | 0.75 |
| Carrots 500g | £ | 0.27 |
| Courgettes 500g | £ | 1.15 |
| Everyday Essentials Peppers | £ | 1.16 |
| Limes 5 pack | £ | 0.99 |
| Salsa | £ | 0.69 |

TOTAL £ 32.03 * Optional

Storecupboard:

(Check you have these)

Olive Oil
Pepper
Milk
Cornflour
Salt
Dried Oregano
Garlic Powder
Ketchup
Runny Honey
Mustard Powder
Dark Brown Sugar
Apple Cider Vinegar
Mixed Spice
Red Wine Vinegar
Bay Leaves
Basil (fresh or dry to garnish) Optional
Cajun Spice Mix

* I actually used fresh beans as couldn't get the frozen version, but if you can find frozen, they are much cheaper.