

Shopping List for Meal Plan 12 (Asda) as at July 2022

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Medium Cheddar 400g	£	2.85
Cream Cheese 200g	£	1.00
Smoked Bacon 300g	£	1.60
Chicken Breast 350g	£	2.65
Fresh ginger	£	0.50
Garlic 3 Pack	£	0.65
Onion 1kg	£	0.65
Spring Onion	£	0.49
Carrots 500g	£	0.25
Courgettes	£	0.80
Cauliflower whole	£	0.90
Frozen Peas 1kg	£	1.00
Broccoli Frozen Bag 1kg*	£	1.00
Frozen Butternut Squash Chunks 700g*	£	1.35
Rice 1 kg	£	1.00
Pasta 500g	£	0.80
Chopped Tomatoes 400g	£	0.38
Coconut Milk 400ml	£	1.00
Orzo 500g	£	0.80
Red Lentils 500g	£	1.15
Eggs 12 Pack	£	2.05
TOTAL	£	22.87

Storecupboard:

(Check you have these)

Pesto

Olive Oil

Salt and Pepper

Ginger

Garlic

Chinese 5 Spice

Dark soy sauce

Oyster sauce

Mango chutney

Curry pasta

Garam Masala