

Shopping List for Meal Plan 14 (Tesco) as at September 2022www.tamingtwins.com

White cabbage	£ 0.59
Nightingale family pack peppers	£ 1.16
Allrounder Potatoes	£ 1.09
Red Onions 1kg	£ 0.75
Redmere Garlic	£ 0.79
Avocado	£ 1.29
Spinach Bag 500g	£ 1.77
Limes 5 Pack	£ 0.85

Lean Mince Beef 500g	£ 1.79
8 pork sausages 454g	£ 1.85
Chicken fillets 650g	£ 4.30

Creamfields Cheddar 400g	£ 2.29 *
Ricotta cheese 250g	£ 1.25
Gran Padano 100g	£ 1.39
Salsa Dip 200g	£ 1.00
Creamfields greek yoghurt 500g	£ 0.65

BBQ Sauce 440g	£ 1.00
Stockwell Baked beans 425 g	£ 0.26
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Chopped tomatoes 400g	£ 0.28
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Hearty Food Co penne pasta 500g	£ 0.32
Sweetcorn 325g	£ 0.45
Black beans 390g	£ 0.60

Raw jumbo king prawns 170g frozen	£ 3.30
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Small tortilla wraps	£ 1.00
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TOTAL £ 35.14

**Store Cupboard:
(Check you have these)**

Milk
Butter
Worcestershire sauce
Chili powder
cumin
Paprika
Garlic powder/granules
Olive oil
Tomato puree
Salt and pepper
Honey
Oregano
Chili flakes
Dried Chilli
Wholegrain mustard
Mayonannaise
Sweet Chilli sauce
Cajun seasoning
Mint sauce
Panko breadcrumbs

* If you have the budget, 400g of grated mozzarella would be preferable here.