

## Shopping List for Meal Plan 15 (30 Minute Meals) Jan 2023

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

Dried Egg Noodles 250g	£	0.89
Penne Pasta 500g	£	0.41
Dried Gnocchi 500g	£	0.79
Small Tortilla wraps 8 Pack	£	0.89
Long Grain Rice 1kg	£	0.48
Lime Pack of 5	£	1.15
Broccoli Whole	£	0.53
Green Beans 220g	£	0.82
Spring Onions Bunch	£	0.49
Avocado	£	0.89
Wonky Mixed Peppers 600g	£	1.20
Red Onion 1kg	£	0.72
Cucumber whole	£	0.69
Lettuce	£	0.58
Cream Cheese 200g	£	0.85
Yoghurt 500g	£	0.45
Halloumi 225g	£	1.99
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Grated Grana Padano 100g	£	1.49
Salmon Fillets (average pack of 4) 400g	£	4.20
Beef Mince 500g	£	1.79
Chorizo Ring 200g	£	1.89
Chicken Breast Diced 600g	£	3.99
Ginger Puree 75g	£	0.69
Garlic Puree 75g	£	0.69
Tin Chopped Tomatoes 400g	£	0.32
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Tin Chopped Tomatoes 400g	£	0.32
Tinned Sweetcorn 198g	£	0.39
Tinned Sweetcorn 198g	£	0.39
Roasted Peanuts 200g	£	0.46
Peanut Butter 340g	£	1.15
<b>TOTAL</b>	<b>£</b>	<b>33.90</b>

### Storecupboard:

(Check you have these)

Salt  
Pepper  
Cornflour  
Olive Oil  
Vegetable Oil  
Mint sauce  
Cajun Spice  
Dried oregano  
Garlic powder  
Smoked paprika  
Peri peri seasoning  
Chicken Stock  
Sweet Chilli Sauce  
Soy Sauce  
Oyster Sauce  
Honey