

## Shopping List for Meal Plan 16 30 Minute Meals (Aldi) Jan 2023

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

Broccoli (360g)	£	0.69
Chestnut Mushrooms (250g)	£	0.95
Red Onion (1kg)	£	0.85
White Cabbage	£	0.61
Limes 5 pack	£	1.15
Avocado	£	0.89
Spinach (240g)	£	0.76
Ginger Puree (75g)	£	0.69
Garlic Puree (75g)	£	0.69
Grated Mozzarella (500g)	£	2.50
Greek Yoghurt (500g)	£	1.69
Chicken Breast Fillets (650g)	£	4.25
Pepperoni Slices (120g)	£	0.95
12 Beef Meatballs (340g)	£	2.19
Frozen Raw Jumbo King Prawns (180g)	£	2.19
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Penne Pasta (500g)	£	0.41
Plain Naan 2 pack	£	0.65
Plain Naan 2 pack	£	0.65
Tortellini (250g)	£	0.79
Tortellini (250g)	£	0.79
Long grain rice (1kg)	£	0.48
Mini Tortilla Wraps 8 Pack	£	0.55
Tin Tomatoes (400g)	£	0.32
Tin Tomatoes (400g)	£	0.32
Passata (500g)	£	0.42
Passata (500g)	£	0.42
Light Soy Sauce (150ml)	£	0.55
TOTAL	£	29.59

### Storecupboard:

(Check you have these)

Sunflower Oil

Dried Oregano

Salt & Pepper

Garlic Powder

Cajun Spice

Cornfour

White wine vinegar

Dried chilli flakes

Honey

Mint Sauce

Tomato Puree

Sweet Smoked Paprika

Vegetable Stock Cubes