

## Shopping List for Meal Plan 17 (Aldi) Feb 2023

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

Essentials Potatoes 2.5kg	£	1.15
Carrots 500g	£	0.28
Mixed Peppers 600g	£	1.20
Red Onion 1kg	£	0.85
Leeks 500g	£	1.15
Fresh Parsley 30g	£	0.60
Ginger Puree 75g	£	0.69
Garlic Puree 75g	£	0.69
Quick Cook Chicken Breast Sizzlers 500g	£	3.69
Lamb Mince 475g	£	4.19
Sausages 8 pack	£	1.75
Smoked Basa Fillets	£	1.99
Cooked and Peeled Coldwater Prawns 150g	£	1.85
Fresh Salmon (240g)	£	3.75
Grated Cheddar Cheese 500g	£	2.60
Cream Cheese 200g	£	0.95
Passata 500g	£	0.45
Passata 500g	£	0.45
Tinned Tomatoes 400g	£	0.32
Tinned Tomatoes 400g	£	0.32
Mildly Spiced Taco (Mixed) Beans in Chili	£	0.72
Mildly Spiced Taco (Mixed) Beans in Chili	£	0.72
Essentials Pasta 500g	£	0.41
Tangy Marmalade	£	0.59
Frozen Butternut Squash chunks 500g	£	0.85
Frozen Butternut Squash chunks 500g	£	0.85
Frozen Peas 900g	£	0.89
8 Soft Tortilla Wraps	£	0.89
<b>TOTAL</b>	<b>£</b>	<b>34.84</b>

### Storecupboard:

(Check you have these)

Olive oil  
Sunflower oil  
Salt and freshly ground black pepper  
Rice (to serve with the Keema)  
Paprika  
Ground Cumin  
Dried Oregano  
Chilli Flakes  
Mild Chilli Powder  
Garlic Powder  
Chicken Stock cubes  
Curry Powder or paste  
Dried Thyme  
Panko Breadcrumbs  
Cornflour  
Soft dark brown sugar  
Castor sugar  
Butter  
Milk