

## Shopping List for Meal Plan 18 (Aldi) Feb 2023

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

Celery	£	0.57
Whole Broccoli	£	0.69
Everyday Essentials White Onions (1kg)	£	0.55
Everyday Essentials Peppers (600g)	£	1.20
Nature's Pick Garlic bulbs	£	0.95
Essentials Potatoes (2.5kg)	£	1.15
Sweet Potatoes (1kg)	£	0.99
Beef Mince (500g)	£	1.99
Chicken Breasts (650g)	£	4.25
Sausages (8 pack)	£	1.75
Salmon side	£	7.39
Cooked Ham (120g)	£	1.69
Soft Cream Cheese (200g)	£	0.95
Grated Mozzarella Cheese (250g)	£	1.99
Puff Pastry Sheet (375g)	£	1.09
Single Cream (300ml)	£	0.99
Essentials Chopped Tomatoes (400g tin)	£	0.32
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Chickpeas in Water (400g tin)	£	0.49
Coconut Milk (400g tin)	£	0.79
Crunchy Peanut Butter (340g)	£	1.19
Dried Pasta (500g)	£	0.41
Long Grain Rice (1kg)	£	0.48
Medium Free Range Eggs (6)	£	1.19
Frozen Peas 900g	£	0.89
TOTAL	£	<b>34.27</b>

### Storecupboard:

(Check you have these)

Olive Oil  
Sunflower Oil  
Sea Salt  
Freshly Ground Black Pepper  
Fennel Seeds  
Italian Herbs  
Dried Chili Flakes  
Cajun Spice  
Ground Cumin  
Ground Ginger  
Ground Coriander  
Wholegrain Mustard  
Tomato Puree  
Vegetable Stock Cube  
Beef Stock Cube  
Chicken Stock Cube  
Cornflour  
Plain Flour  
Breadcrumbs