

## Shopping List for Meal Plan 19 (Asda) Feb 2023

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

Salad Bag (130g)	£	0.50
1 Lemon	£	0.30
1 Red Pepper	£	0.50
Fresh Garlic Bulbs	£	0.75
Brown Onions (1kg)	£	0.85
Fresh Dill (25g)	£	0.55
Broccoli (Whole)	£	0.69
Broccoli (Whole)	£	0.69
Potatoes (2.5kg)	£	1.25
Ginger Puree	£	0.75
Pork Mince (500g)	£	2.35
Beef Mince (250g)	£	2.00
Chicken Breasts (620g)	£	3.53
Diced Lamb Cubes (300g)	£	4.00
Diced Lamb Cubes (300g)	£	4.00
Smoked Salmon (120g)	£	2.20
Smoked Salmon (120g)	£	2.20
Crème Fraiche (300ml)	£	1.20
Grated Mozzarella (250g)	£	2.50
Chopped Tomatoes (400g tin)	£	0.32
Passata (500g)	£	0.50
Orzo (300g)	£	0.95
Pasta (500g)	£	0.41
Frozen Garden Peas (1kg)	£	1.25
Frozen Butternut Squash cubes (700g)	£	1.45
TOTAL	£	<b>35.69</b>

### Storecupboard:

(Check you have these)

\* (optional)

Oil

Garlic Powder

Breadcrumbs

Sea Salt

Freshly Ground Black Pepper

Paprika

Dried Oregano

Garam Masala

Ground Cumin

Curry Paste

Beef Stock Cubes

Vegetable Stock Cubes

Lamb Stock cubes

Worcester Sauce

Dijon Mustard

Mango Chutney

Pesto

Rice

Plain Flour

Milk

1 Egg

Butter

Capers\*

Cranberry Sauce\*