

Shopping List for Meal Plan 20 (Aldi) March 2023

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Cauliflower	£	0.95
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Broccoli	£	0.53
Carrots (500g)	£	0.28
Green Beans (220g)	£	0.85
Essentials Wonky Potatoes (2.5kg)	£	1.15
Red Onions (1kg)	£	0.85
Avocado	£	0.89
Red Cabbage	£	0.61
Cherry Tomatoes (330g)	£	0.95
Limes (5 pack)	£	0.89
Ginger Puree	£	0.69
Garlic Puree	£	0.69
Chicken Thighs (600g Skinless and boneless)	£	3.79
Chicken Breast Fillets (300g)	£	2.29
Sausages (8 Pack)	£	1.75
Greek Yoghurt (500g)	£	0.85
Grated Cheddar Cheese (250g)	£	1.99
Tinned Tuna (145g)	£	0.72
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Essentials Long Grain Rice (1kg)	£	0.48
Medium Dry Egg Noodles (250g)	£	0.89
Dried Pasta (500g)	£	0.41
Passata (500g)	£	0.45
Tinned Reduced Fat Coconut Milk (400g)	£	0.79
Frozen Peas (900g)	£	0.89
Eggs (12 Pack)	£	2.49
Small Tortilla wraps (8 pack)	£	0.89
TOTAL	£	29.68

Storecupboard:

(Check you have these)

*Optional

Olive Oil

Sunflower Oil

Sea Salt

Freshly Ground Black Pepper

Sweet Smoked Paprika

Dried Cumin

Garlic Granules

*Dried Chilli Flakes

Dried Oregano

Mild Curry Powder

Chinese 5 Spice

Dark Soy Sauce

Oyster Sauce

Balsamic Vinegar

Tomato Puree

Plain Flour

Chicken Stock Cube

Sweet Chilli Sauce

Mayonnaise

Mango Chutney

Breadcrumbs

Milk