

Shopping List for Meal Plan 21 (Tesco) April 2023

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Carrots (800g)	£	0.40
Redmere Farms Brown Onions (1kg)	£	0.55
Cherry tomatoes (250g)	£	0.65
Tomatoes (6 pack)	£	1.25
Lemons (1)	£	0.30
Garlic puree	£	0.85
Fresh Basil (30g)	£	0.52
Fresh tomato salsa (200g)	£	1.20
Maris Piper Potatoes (2.5kg)	£	1.59
Chicken breast portions (650g)	£	4.50
Cubed beef (400g)	£	4.50
Cooked chicken slices (240g)	£	1.89
Smoked bacon (300g)	£	1.85
Creamfields grated Cheddar (250g)	£	1.99
Creamfields grated Grana Padano (100g)	£	1.40
Corner Deli Halloumi (225g)	£	2.15
Double Cream (300ml)	£	1.35
Ready rolled Puff Pastry Sheet	£	1.75
Risotto Rice (1kg)	£	2.85
Orzo Pasta (500g)	£	1.90
Sundried Tomatoes (190g)	£	1.50
Sweetcorn (340g tin)	£	0.56
Black beans in water (400g tin)	£	0.61
Chopped tomatoes (400g tin)	£	0.32
Frozen peas (900g)	£	0.55
Frozen butternut squash (500g)	£	0.89
Tortilla Wraps (8 Pack)	£	0.89
TOTAL	£	38.76

Storecupboard:

(Check you have these)

Olive Oil
Sunflower Oil
Sea Salt
Freshly ground black pepper
Dried Oregano
Dried Thyme
Paprika
Ground Cumin
Vegetable stock cube
Beef Stock cube
Chicken Stock cube
Tomato Puree
Pesto
1 egg
Plain Flour
Optional - Butter