

Shopping List for Meal Plan 23 (Aldi) May 2023

www.tamingtwins.com

Everyday essentials white potatoes (2.5kg)	£	1.25
Baby potatoes (1kg)	£	0.95
Carrots (500g)	£	0.30
Essentials brown onions (1kg)	£	0.55
Everyday essentials peppers (600g)	£	1.29
Baby spinach (240g bag)	£	0.89
Salad tomatoes (650g)	£	1.19
Everyday essentials cherry tomatoes (250g)	£	0.60
Natures pick garlic (4 pack)	£	0.69
Ginger puree (75g)	£	0.69
Fresh basil (30g)	£	0.52
Chicken thighs (1kg - skin on)	£	2.85
Beef mince (500g)	£	2.49
Pork Sausages (454g)	£	1.79
Grated cheddar*	£	1.99
Everyday essentials mozzarella (125g ball)	£	0.69
Milk (1pt)	£	0.90
Mango chutney (370g)	£	1.45
BBQ Sauce (480g)	£	0.93
Microwave long grain rice (250g pouch)	£	0.38
Microwave long grain rice (250g pouch)	£	0.38
Naan bread (2 pack)	£	0.69
Naan bread (2 pack)	£	0.69
Everyday essentials pasta (500g)	£	0.41
Chickpeas (400g tin)	£	0.55
Chickpeas (400g tin)	£	0.55
Reduced fat coconut milk (400ml tin)	£	0.79
Chopped tomatoes (400g tin)	£	0.32
Baked Beans (410g tin)	£	0.27
Baked Beans (410g tin)	£	0.27
Frozen peas (900g)	£	0.89
TOTAL	£	28.20

Storecupboard:

(Check you have these)

Olive oil
Sunflower oil
Sea salt
Freshly ground black pepper
Balsamic vinegar
Garlic granules
Chinese 5 spice
Sweet smoked paprika
Mild curry powder
Dried chilli flakes
Garam masala
Dark soy sauce
Oyster sauce
Tomato puree
Worcestershire sauce
Dijon mustard
Wholegrain mustard
Butter
Honey

*This is for the topping of the Cowboy pie - you could use up any cheese you have at home for this!