

Shopping List for Meal Plan 24 (Aldi) June 2023

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Courgettes (500g)	£	1.39
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Broccoli (whole head)	£	0.69
Chestnut Mushrooms (250g)	£	0.95
Carrots (500g)	£	0.33
4 baking potatoes	£	0.67
Everyday essentials brown onions (1kg)	£	0.55
Everyday essentials peppers (600g)	£	1.29
Little gem lettuce (2 pack)	£	0.79
Cucumber	£	0.79
Spring Onions	£	0.50
Garlic puree (75g)	£	0.69
Ginger puree (75g)	£	0.69
Fresh Mint (30g)	£	0.52
Diced chicken breast (600g)	£	4.15
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Pork Mince (5% fat, 500g)	£	2.69
Smoked Bacon Lardons (200g)	£	1.99
Grated mozzarella (200g)	£	1.99
Grated parmesan (200g)	£	2.05
Greek salad cheese (200g)	£	0.85
Greek yoghurt (500g)	£	0.89
Creme fraiche (300ml)	£	1.05
Everyday essentials penne (500g)	£	0.41
Gnocchi (500g)	£	0.99
Everyday essentials long grain rice (1kg)	£	0.52
Everyday essentials chopped tomatoes (400g tin)	£	0.35
Reduced fat coconut milk (400g tin)	£	0.85
BBQ sauce (480g)	£	0.99
TOTAL	£	35.16

Storecupboard:

(Check you have these)

Olive Oil
Sunflower oil
Sea Salt
Freshly ground black pepper
Dark soy sauce
Oyster sauce
Garlic granules
Dried oregano
Dried chilli flakes
Chinese 5 spice
Sweet smoked paprika
Mild curry powder
Garam masala
Vegetable stock cube
Tomato Puree
Wholegrain mustard
Mango chutney
Flaked almonds (optional)
Ground almonds
Panko breadcrumbs
Plain flour
Cornflour
Milk (300ml)
2 eggs