

Shopping List for Meal Plan 3 (Tesco) prices correct as of April 2022

www.tamingtwins.com

Salad Tomatoes 6 pack	£	0.75
Cress Punnet	£	0.30
Large Garlic	£	0.60
2 Limes	£	0.34
Red Onions 1kg	£	0.67
Cucumber	£	0.43
Potatoes 2.5kg	£	0.91
Chives 200g	£	0.70
Cherry Tomatoes 250g	£	0.48
Peppers 375g	£	0.92
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Lettuce	£	0.55
Broccoli	£	0.49
2 Chicken Breast 300g	£	2.05
6 Pork Sausages 400g	£	2.00
Smoked Back Bacon 300g	£	1.25
Cooked and Peeled Prawns 150g	£	1.65
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Mild Salsa 200g	£	0.79
Mature White Cheddar 400g	£	1.89
Paneer Cheese 200g	£	1.40
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Plain Soft Cheese 200g	£	0.90
Natural Yoghurt 500g	£	0.45
Tikka Curry Powder 90g	£	1.00
Tinned Sweetcorn 200g	£	0.45
Tinned Black Beans 400g	£	0.60
Tinned Chopped Tomatoes	£	0.28
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Arborio Risotto Rice 1kg	£	2.05
Penne Pasta 500g	£	0.29
Garlic Coriander Naan 2 Pack	£	0.55
Garlic Coriander Naan 2 Pack	£	0.55
8 Plain Tortilla Wraps	£	0.85
Frozen Garden Peas 900g	£	0.55
Frozen Fish Pie Mix 400g	£	4.00
TOTAL	£	34.94

Storecupboard:

(Check you have these)

Olive Oil

Sunflower oil

Sea Salt

Freshly ground black pepper

Dried italian herbs

Dried thyme

Dried chilli flakes

Paprika

Fennel seeds

Ground Cumin

Vegetable stock cube

Cornflour

Milk

Butter

Mint sauce (optional, to serve with Paneer tikka.)