

## Taming Twins Money Saving Meals 4 Shopping List

(Aldi prices correct as of Dec 2023)

1 cauliflower	£0.95
500g courgettes	£1.25
1 aubergine	£0.90
1 whole broccoli head	£0.79
160g bistro salad	£0.75
200g green beans	£0.85
75ml garlic puree	£0.65
75ml ginger puree	£0.65
4 baking potatoes	£0.70
1kg red onion	£0.99
500g lean beef mince	£2.45
300g streaky smoked bacon	£2.29
120g pepperoni	£1.05
250g grated Cheddar	£1.99
250g grated mozzarella	£1.99
200g soft cheese	£0.85
1 400g tin reduced fat coconut milk	£0.79
500g essentials spaghetti	£0.28
1kg essentials long grain rice	£0.52
170g jar sundried tomatoes in oil	£1.59
500g passata	£0.55
12 medium free-range eggs	£2.35
200g cashew nuts	£1.75
2 pack naan bread	£0.69
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900g frozen garden peas	£0.99
<b>Total</b>	<b>£29.30</b>

### Store Cupboard

Olive oil  
Sunflower oil  
Sea salt  
Freshly ground black pepper  
Tomato puree  
Garlic granules  
Dried oregano  
Garam masala  
Curry paste/powder  
Cornflour  
Soy sauce  
Oyster sauce  
Runny honey