## **Taming Twins Meal Plan 27 Shopping List - Slow Cooker Favourites**

(Aldi prices correct as of Feb 2024)

450g young spinach 600g essential wonky peppers 41.65 4 pack essential lemons 60.65 1kg brown onions 75ml garlic puree 60.65 75ml ginger puree 60.65 30g fresh mint 60.52  650g chicken breast fillets 650g chicken breast fillets 650g chicken breast fillets 650g chicken breast fillets 650g diced lamb 63.99 300g diced lamb 63.99 300g diced lamb 63.99 300ml crème fraiche 200g greek style salad cheese 60.85 250g grated mozzarella 61.99 250g ricotta cheese 61.29 300g dried orzo* 500g dried lasagne sheets 60.75 60reen pesto 1kg essentials chopped tomatoes 60.35 400g tin essentials chopped tomatoes 60.35 500g passata 60.55 50ried organo 500g walnut halves 62.09 Chinese 5 spice Garlic granules 62.09 Chinese 5 spice Garlic granules 62.09 Crick chilling flakes (Optional)	1 whole broccoli head	£0.79	
4 pack essential lemons  1kg brown onions  1kg brown onions  50.99  75ml garlic puree  60.65  75ml ginger puree  60.65  30g fresh mint  60.52  650g chicken breast fillets  64.49  650g chicken breast fillets  64.49  300g diced lamb  63.99  500g diced lamb  63.99  500g diced beef  60.89  500g greek style salad cheese  60.85  500g graed mozzarella  61.99  500g ricotta cheese  61.29  11.29  11.29  11.29  11.29  11.29  11.29  12.30 gricotta cheese  60.75  11.29  12.30 gricotta cheese  7500g dried orzo*  500g dried lasagne sheets  60.75  1kg essentials long grain rice  400g tin essentials chopped tomatoes  400g tin essentials chopped tomatoes  400g tin essentials chopped tomatoes  60.35  400g tin essentials chopped tomatoes  60.35  11.20 pried oregano  500g passata  60.55  12.30 pried oregano  500g passata  60.55  12.60 pried thyme  407g tin essentials chopped tomatoes  60.35  12.30 pried oregano  500g passata  60.55  13.30 pried oregano  60.69  60.69  60.69  60.69	450g young spinach	£1.69	
4 pack essential lemons  1kg brown onions  1kg brown onions  50.99  75ml garlic puree  60.65  75ml ginger puree  60.65  30g fresh mint  60.52  650g chicken breast fillets  64.49  650g chicken breast fillets  64.49  300g diced lamb  63.99  500g diced lamb  63.99  500g diced beef  60.89  500g greek style salad cheese  60.85  500g graed mozzarella  61.99  500g ricotta cheese  61.29  11.29  11.29  11.29  11.29  11.29  11.29  12.30 gricotta cheese  60.75  11.29  12.30 gricotta cheese  7500g dried orzo*  500g dried lasagne sheets  60.75  1kg essentials long grain rice  400g tin essentials chopped tomatoes  400g tin essentials chopped tomatoes  400g tin essentials chopped tomatoes  60.35  400g tin essentials chopped tomatoes  60.35  11.20 pried oregano  500g passata  60.55  12.30 pried oregano  500g passata  60.55  12.60 pried thyme  407g tin essentials chopped tomatoes  60.35  12.30 pried oregano  500g passata  60.55  13.30 pried oregano  60.69  60.69  60.69  60.69	600g essential wonky peppers	£1.65	
1kg brown onions	7	£0.65	
75ml garlic puree £0.65 75ml ginger puree £0.65 30g fresh mint £0.52  650g chicken breast fillets £4.49 650g chicken breast fillets £4.49 300g diced lamb £3.99 300g diced lamb £3.99 500g diced beef £3.99  500ml crème fraiche £0.89 Sea salt 200g greek style salad cheese £0.85 Freshly ground black pepper 250g grated mozzarella £1.99 Tomato puree 250g ricotta cheese £1.29 Light soy sauce 250g ricotta cheese £1.29 Oyster sauce White wine vinegar 500g dried orzo* £0.75 Runny honey 500g dried lasagne sheets £0.75 Green pesto 1kg essentials long grain rice £0.35 Tikka masala paste 400g tin essentials chopped tomatoes £0.35 Dried oregano 500g passata £0.55 Pried thyme 437g tinned pineapple £0.85 Fennel seeds Garlic granules 200g walnut halves £2.09 Chinese 5 spice Garlic granules 200g massala	•	£0.99	
30g fresh mint  650g chicken breast fillets 64.49 300g diced lamb 63.99 300g diced lamb 63.99 500g diced beef  73.99 500g diced beef  80.89 508 salt 200g greek style salad cheese 60.85 Freshly ground black pepper 250g grated mozzarella 61.99 250g ricotta cheese 61.29 250g ricotta cheese 61.29 250g dried orzo* 60.75 Runny honey 500g dried lasagne sheets 60.75 Green pesto 1kg essentials long grain rice 60.52 Tomato ketchup Mango chutney 400g tin essentials chopped tomatoes 60.35 400g tin essentials chopped tomatoes 60.35 Dried oregano 500g passata 437g tinned pineapple 60.85 Fennel seeds Ground Cumin 200g walnut halves 62.09 Chinese 5 spice Garlic granules 2 pack naan bread	_	£0.65	
650g chicken breast fillets 64.49 300g diced lamb 63.99 500g diced beef 60.89 50es salt 200g greek style salad cheese 60.85 Freshly ground black pepper 250g grated mozzarella 61.99 10 Tomato puree 11.29 11 Light soy sauce 11.29 12 Light soy sauce 13 Light soy sauce 14 Light soy sauce 15 Light soy sauce 15 Light soy sauce 16 Light soy sauce 16 Light soy sauce 17 Light soy sauce 18 Light soy sauce 18 Light soy sauce 19 Light soy sauce 19 Light soy sauce 10 Light soy sauce	75ml ginger puree	£0.65	
650g chicken breast fillets 300g diced lamb 53.99 300g diced lamb 53.99 500g diced beef 50.89 50.85 50.8		£0.52	
650g chicken breast fillets 300g diced lamb 53.99 300g diced lamb 53.99 500g diced beef 50.89 50.85 50.8			
300g diced lamb 300g diced lamb 53.99 500g diced beef £3.99  500ml crème fraiche 50.89 500g greek style salad cheese 50.85 500g grated mozzarella 500g ricotta cheese £1.29 500g dried orzo* 500g dried orzo* 500g dried lasagne sheets 10.75 1kg essentials long grain rice 400g tin essentials chopped tomatoes 400g tin essentials chopped tomatoes 400g tin essentials chopped tomatoes 500g passata 400g tin essentials chopped tomatoes 400g tin essentials chopped tomatoes 500g passata 400g tin essentials chopped tomatoes 60.35 500g passata 60.55 50ried dryme 60.85 60.95 60.	650g chicken breast fillets	£4.49	
300g diced lamb 500g diced beef 53.99  Store Cupboard 300ml crème fraiche 200g greek style salad cheese 50.85 250g grated mozzarella 51.99 250g ricotta cheese 51.29 250g ricotta cheese 51.29 250g ricotta cheese 51.29 250g dried orzo* 500g dried orzo* 500g dried lasagne sheets 16.75 1kg essentials long grain rice 400g tin essentials chopped tomatoes 400g tin essentials chopped tomatoes 400g tin essentials chopped tomatoes 500g passata 400g tin essentials chopped tomatoes 400g tin essentials chopped tomatoes 400g tin essentials chopped tomatoes 500g passata 400g tin essentials chopped tomatoes 500g passata 500g walnut halves 500g Garam masala	650g chicken breast fillets	£4.49	
Store Cupboard  300ml crème fraiche £0.89 Sea salt  200g greek style salad cheese £0.85 Freshly ground black pepper  250g grated mozzarella £1.99 Tomato puree  250g ricotta cheese £1.29 Light soy sauce  250g ricotta cheese £1.29 Oyster sauce  White wine vinegar  500g dried orzo* £0.75 Runny honey  500g dried lasagne sheets £0.75 Green pesto  1kg essentials long grain rice £0.52 Tomato ketchup  Mango chutney  400g tin essentials chopped tomatoes £0.35 Tikka masala paste  400g tin essentials chopped tomatoes £0.35 Lamb stock cubes  400g tin essentials chopped tomatoes £0.35 Dried oregano  500g passata £0.55 Dried thyme  437g tinned pineapple £0.85 Fennel seeds  Ground Cumin  200g walnut halves £2.09 Chinese 5 spice  Garlic granules  2 pack naan bread £0.69 Garam masala	300g diced lamb	£3.99	
\$\$\text{Store Cupboard}\$\$ 300ml crème fraiche & £0.89 & Sea salt & \$200g greek style salad cheese & £0.85 & Freshly ground black pepper \$\$250g grated mozzarella & £1.99 & Tomato puree \$\$250g ricotta cheese & £1.29 & Light soy sauce \$\$250g ricotta cheese & £1.29 & Oyster sauce \$\$\$250g ricotta cheese & £1.29 & Oyster sauce \$\$\$\$\$White wine vinegar \$\$\$500g dried orzo* & £0.75 & Runny honey \$\$\$\$\$500g dried lasagne sheets & £0.75 & Green pesto \$	300g diced lamb	£3.99	
300ml crème fraiche £0.89 Sea salt 200g greek style salad cheese £0.85 Freshly ground black pepper 250g grated mozzarella £1.99 Tomato puree 250g ricotta cheese £1.29 Light soy sauce 250g ricotta cheese £1.29 Oyster sauce White wine vinegar 500g dried orzo* £0.75 Runny honey 500g dried lasagne sheets £0.75 Green pesto 1kg essentials long grain rice £0.52 Tomato ketchup 400g tin essentials chopped tomatoes £0.35 Tikka masala paste 400g tin essentials chopped tomatoes £0.35 Lamb stock cubes 400g tin essentials chopped tomatoes £0.35 Dried oregano 500g passata £0.55 Dried thyme 437g tinned pineapple £0.85 Fennel seeds Ground Cumin 200g walnut halves £2.09 Chinese 5 spice Garlic granules 2 pack naan bread £0.69 Garam masala	500g diced beef	£3.99	
200g greek style salad cheese £0.85 Freshly ground black pepper 250g grated mozzarella £1.99 Tomato puree 250g ricotta cheese £1.29 Light soy sauce 250g ricotta cheese £1.29 Oyster sauce 250g dried orzo* £0.75 Runny honey 500g dried lasagne sheets £0.75 Green pesto 1kg essentials long grain rice £0.52 Tomato ketchup 400g tin essentials chopped tomatoes £0.35 Tikka masala paste 400g tin essentials chopped tomatoes £0.35 Lamb stock cubes 400g tin essentials chopped tomatoes £0.35 Dried oregano 500g passata £0.55 Dried thyme 437g tinned pineapple £0.85 Fennel seeds Ground Cumin 200g walnut halves £2.09 Chinese 5 spice Garlic granules 2 pack naan bread £0.69 Garam masala			Store Cupboard
250g grated mozzarella 250g ricotta cheese 250g dried lasagne sheets 250g dried orzo* 250g dried orzo* 250g dried lasagne sheets 250g grated mozzarella 250g grated mozzarella 250g grated mozzarella 250g grated purple 250g grated mozzarella 250g ricotta cheese 250g dried orzo* 250g grated mozzarella 250g grated purple 250g grated mozzarel 250g grate purple 250g ricotta cheese 250g ricotta cheese 250g ricotta cheese 250g ricotta cheese 250g grate purple 250g grate purple 250g ricotta cheese 250g grate purple 250g ricotta cheese 250g ricotta c	300ml crème fraiche	£0.89	Sea salt
250g ricotta cheese £1.29 Light soy sauce 250g ricotta cheese £1.29 Oyster sauce White wine vinegar  500g dried orzo* £0.75 Runny honey 500g dried lasagne sheets £0.75 Green pesto 1kg essentials long grain rice £0.52 Tomato ketchup  400g tin essentials chopped tomatoes £0.35 Tikka masala paste 400g tin essentials chopped tomatoes £0.35 Lamb stock cubes 400g tin essentials chopped tomatoes £0.35 Dried oregano 500g passata £0.55 Dried thyme 437g tinned pineapple £0.85 Fennel seeds Ground Cumin 200g walnut halves £2.09 Chinese 5 spice Garlic granules 2 pack naan bread £0.69 Garam masala	200g greek style salad cheese	£0.85	Freshly ground black pepper
250g ricotta cheese  f1.29  Oyster sauce White wine vinegar  500g dried orzo*  f0.75  Runny honey  500g dried lasagne sheets  f0.75  Ikg essentials long grain rice  f0.52  Tomato ketchup Mango chutney  400g tin essentials chopped tomatoes  f0.35  Tikka masala paste  400g tin essentials chopped tomatoes  f0.35  Lamb stock cubes  400g tin essentials chopped tomatoes  f0.35  Dried oregano  500g passata  f0.55  Dried thyme  437g tinned pineapple  f0.85  Fennel seeds  Ground Cumin  200g walnut halves  f2.09  Chinese 5 spice  Garlic granules  2 pack naan bread  f0.69  Garam masala	250g grated mozzarella	£1.99	Tomato puree
White wine vinegar  500g dried orzo*  500g dried lasagne sheets  £0.75  1kg essentials long grain rice  £0.52  Tomato ketchup  Mango chutney  400g tin essentials chopped tomatoes  £0.35  £0.3	250g ricotta cheese	£1.29	Light soy sauce
500g dried orzo* 500g dried lasagne sheets £0.75 £0.75 Green pesto 1kg essentials long grain rice £0.52 Tomato ketchup Mango chutney 400g tin essentials chopped tomatoes £0.35 Tikka masala paste 400g tin essentials chopped tomatoes £0.35 Lamb stock cubes 400g tin essentials chopped tomatoes £0.35 Dried oregano 500g passata £0.55 Dried thyme 437g tinned pineapple £0.85 Fennel seeds Ground Cumin 200g walnut halves £2.09 Chinese 5 spice Garlic granules 2 pack naan bread £0.69	250g ricotta cheese	£1.29	Oyster sauce
500g dried lasagne sheets  1kg essentials long grain rice  10.52  Tomato ketchup  Mango chutney  400g tin essentials chopped tomatoes  50.35  Dried oregano  500g passata  10.55  Dried thyme  437g tinned pineapple  50.85  Fennel seeds  Ground Cumin  200g walnut halves  12.09  Chinese 5 spice  Garlic granules  2 pack naan bread  60.69  Garam masala			White wine vinegar
1kg essentials long grain rice£0.52Tomato ketchup400g tin essentials chopped tomatoes£0.35Tikka masala paste400g tin essentials chopped tomatoes£0.35Lamb stock cubes400g tin essentials chopped tomatoes£0.35Dried oregano500g passata£0.55Dried thyme437g tinned pineapple£0.85Fennel seedsGround Cumin200g walnut halves£2.09Chinese 5 spice2 pack naan bread£0.69Garam masala	500g dried orzo*	£0.75	Runny honey
Mango chutney  400g tin essentials chopped tomatoes £0.35 Tikka masala paste  400g tin essentials chopped tomatoes £0.35 Lamb stock cubes  400g tin essentials chopped tomatoes £0.35 Dried oregano  500g passata £0.55 Dried thyme  437g tinned pineapple £0.85 Fennel seeds  Ground Cumin  200g walnut halves £2.09 Chinese 5 spice  Garlic granules  2 pack naan bread £0.69 Garam masala	500g dried lasagne sheets	£0.75	Green pesto
400g tin essentials chopped tomatoes 500g passata 500g passata 60.35 Dried oregano Dried thyme 437g tinned pineapple 50.85 Fennel seeds Ground Cumin 200g walnut halves 52 pack naan bread 50.69 Garam masala	1kg essentials long grain rice	£0.52	Tomato ketchup
400g tin essentials chopped tomatoes £0.35 Lamb stock cubes 400g tin essentials chopped tomatoes £0.35 Dried oregano 500g passata £0.55 Dried thyme 437g tinned pineapple £0.85 Fennel seeds Ground Cumin 200g walnut halves £2.09 Chinese 5 spice Garlic granules 2 pack naan bread £0.69 Garam masala			Mango chutney
400g tin essentials chopped tomatoes £0.35 Dried oregano 500g passata £0.55 Dried thyme 437g tinned pineapple £0.85 Fennel seeds Ground Cumin 200g walnut halves £2.09 Chinese 5 spice Garlic granules 2 pack naan bread £0.69 Garam masala	400g tin essentials chopped tomatoes	£0.35	Tikka masala paste
500g passata  £0.55  Dried thyme  437g tinned pineapple  £0.85  Fennel seeds  Ground Cumin  200g walnut halves  £2.09  Chinese 5 spice  Garlic granules  2 pack naan bread  £0.69  Garam masala	400g tin essentials chopped tomatoes	£0.35	Lamb stock cubes
437g tinned pineapple £0.85 Fennel seeds Ground Cumin  200g walnut halves £2.09 Chinese 5 spice Garlic granules  2 pack naan bread £0.69 Garam masala	400g tin essentials chopped tomatoes	£0.35	Dried oregano
Ground Cumin  200g walnut halves £2.09 Chinese 5 spice Garlic granules  2 pack naan bread £0.69 Garam masala	500g passata	£0.55	
200g walnut halves £2.09 Chinese 5 spice Garlic granules 2 pack naan bread £0.69 Garam masala	437g tinned pineapple	£0.85	
Garlic granules 2 pack naan bread £0.69 Garam masala			
2 pack naan bread £0.69 Garam masala	200g walnut halves	£2.09	
· ·			
2 nack naan hread f0 69 Pried chilli flakes (Ontional)	•		
	2 pack naan bread	£0.69	Dried chilli flakes (Optional)
Cornflour			
Total <u>£42.79</u> Dark brown sugar	<u>Total</u>	<u>£42.79</u>	Dark brown sugar

<sup>\*</sup> not available at aldi