

Taming Twins Meal Plan 27 Shopping List - Slow Cooker Favourites

(Aldi prices correct as of Feb 2024)

1 whole broccoli head	£0.79
450g young spinach	£1.69
600g essential wonky peppers	£1.65
4 pack essential lemons	£0.65
1kg brown onions	£0.99
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
300ml crème fraiche	£0.89
200g greek style salad cheese	£0.85
250g grated mozzarella	£1.99
250g ricotta cheese	£1.29
250g ricotta cheese	£1.29
500g dried orzo*	£0.75
500g dried lasagne sheets	£0.75
1kg essentials long grain rice	£0.52
400g tin essentials chopped tomatoes	£0.35
400g tin essentials chopped tomatoes	£0.35
400g tin essentials chopped tomatoes	£0.35
500g passata	£0.55
437g tinned pineapple	£0.85
200g walnut halves	£2.09
2 pack naan bread	£0.69
2 pack naan bread	£0.69

Total **£42.79**

Store Cupboard

Sea salt
Freshly ground black pepper
Tomato puree
Light soy sauce
Oyster sauce
White wine vinegar
Runny honey
Green pesto
Tomato ketchup
Mango chutney
Tikka masala paste
Lamb stock cubes
Dried oregano
Dried thyme
Fennel seeds
Ground Cumin
Chinese 5 spice
Garlic granules
Garam masala
Dried chilli flakes (Optional)
Cornflour
Dark brown sugar

* not available at aldi