

Taming Twins Shopping List

Week 1- 15 minute meals

Natures pick limes (5 pack)	£1.19
Essential lemons (4 pack)	£0.65
Essential apples (6 pack)	£1.19
Iceberg lettuce	£0.89
Celery	£0.75
Cherry tomatoes (330g)	£0.95
Cucumber	£0.89
Red Onions (3 pack)	£0.89
Garlic puree (75g)	£0.75
Uncooked diced chicken breast (400g)	£2.99
25% fat beef mince (500g)	£2.29
Essential smoked streaky bacon (300g)	£1.45
The Deli Houmous (200g)	£0.99
300ml soured cream	£0.99
Essential cream cheese (200g)	£0.83
Grated mozzarella (250g bag)	£1.99
Halloumi (225g)	£2.15
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Sundried tomatoes (280g jar)	£1.59
Sweetcorn (340g tin)	£0.65
Everyday essentials red kidney beans (400g tin)	£0.33
Everyday essentials tuna (145g tin)	£0.55
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Everyday essentials penne pasta (500g)	£0.41
Flaked almonds (150g)	£1.09
Frozen garden peas (900g bag)	£0.99
8 mini tortilla wraps	£0.69
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5 pack bagels	£0.79
TOTAL	£32.31

Store Cupboard

Sea salt
Freshly ground black pepper
Sunflower Oil
Mild curry powder
Fajita seasoning
Garlic granules
Tomato puree
Mayonnaise
Runny honey
Sweet Chilli Sauce
Ketchup
Mango chutney