

Taming Twins Shopping List

Week 4 - 15 minute meals

Baby spinach (240g bag)	£0.99
Green beans (220g)	£0.85
Red onions (3 pack)	£0.89
Cucumber	£0.89
Cherry tomatoes (330g)	£0.95
Ginger puree (75g)	£0.75
Garlic puree (75g)	£0.75
Ready to eat falafel (171g pack, flavour of your choice)	£1.05
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The Deli houmous (200g)	£0.99
25% fat beef mince (500g)	£2.29
Uncooked diced chicken breast (400g)	£2.99
Pepperoni (120g)	£1.05
Greek-style salad cheese (200g)	£0.89
Everyday essentials grated mozzarella (500g bag)	£2.99
Microwavable rice (250g pouch)	£0.45
Microwavable rice (250g pouch)	£0.45
Cucina tortellini (250g long-life pack, flavour of your choice)	£1.19
Cucina tortellini (250g long-life pack, flavour of your choice)	£1.19
Black beans (390g tin)	£0.49
Sweetcorn (340g tin)	£0.65
Passata (500g)	£0.55
Passata (500g)	£0.55
Naan bread (2 pack)	£0.69
Naan bread (2 pack)	£0.69
8 large tortilla wraps	£0.89
Total	£27.16

Store Cupboard

Olive oil
Sunflower oil
Sea salt
Freshly ground black pepper
Garlic granules
Dried oregano
Fajita seasoning
Runny Honey
Tomato puree
Dark soy sauce
Oyster sauce
Cornflour