



Shopping List



Below is your shopping list for the week ahead. If you are doubling up remember to buy the 'double up' ingredients on top of normal ingredients list for each recipe.

<u>Recipe</u>	<u>Cost</u>
Pepper Popper Chicken	
4 chicken breasts	£3.99
1 x pack Mexican cheese	£2.20
1 x 500g bag frozen diced onions	£0.75
1 x 500g bag frozen sliced peppers	£0.75
1 x jar paprika	£0.55
Double up:	
4 chicken breasts	£3.99
Salmon and Pesto Parcels	
4 salmon fillets	£6.50
1 x 900g bag frozen beans	£0.90
1 x jar pesto	£0.69
1 x pack asparagus	£1.29
Double up:	
1 x pack asparagus	£1.29
4 salmon fillets	£6.50
Creamy Sundried Tomato Pasta	
1 x 100g pack frozen chopped garlic	£1.00
1 x 500g carton passata	£0.39
1 x jar sundried tomatoes	£1.09
1 x pack cream cheese	£0.75
Double up:	
1 x 500g carton passata	£0.39
1 x jar sundried tomatoes	£1.09
Spicy Bean Burgers	
1 x 400g can five bean salad	£0.58
1 x pack breadcrumbs	£0.65
1 x 400g can taco mixed beans	£0.70
1 x jar fajita seasoning	£0.60
1 x pack grated carrots	£0.50
Double up:	
1 x 400g can five bean salad	£0.58
1 x 400g can taco mixed beans	£0.65

1 x pack grated carrots	£0.50
Mexican Tacos	
1 x pack fajita mix	£0.50
500g minced beef	£1.89
1 x 8 pack tortilla wraps	£0.55
1 x pack grated carrot	£0.50
Double up:	
1 x pack fajita mix	£0.50
500g minced beef	£1.89
1 x pack grated carrot	£0.50
Total (without doubling up)	£26.57
Total (with doubling up)	£44.45

NB- the ingredients list above is for the main meal only. You will need to choose what sides you would like and add them to your list.

All prices are based on Aldi and Tesco cheapest products (16/6/22)