

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> |
|---------------------------------------|-------------|
| Balmoral Pie | |
| 8 sausages | £1.39 |
| 2 x tins baked beans | £0.44 |
| 1 x 42g pack pre made mash | £0.75 |
| 1 cup (60g) pre grated cheese | £2.49 |
| Double up | |
| 8 pork sausages | £1.39 |
| 2 x 400g can baked beans | £0.44 |
| 1 x 425g pack premade mash potatoes | £0.75 |
| Sweetcorn and Chickpea Burgers | |
| 1 x 400g can chickpeas | £0.39 |
| 1 x 200g tin sweetcorn | £0.39 |
| 1 x jar cumin | £0.55 |
| 1 x jar smoked paprika | £0.55 |
| (plain flour not included) | |
| Double up: | |
| 1 x 400g can chickpeas | £0.39 |
| 1 x 200g tin sweetcorn | £0.39 |
| Greens Pasta Sauce | |
| 1 x 500g diced frozen onions | £0.75 |
| 1 x 100g pack frozen chopped garlic | £1.00 |
| 1 x 900g bag frozen spinach | £1.50 |
| 1 x 900g bag frozen peas | £0.55 |
| 1 x head broccoli | £0.50 |
| 1 x pack vegetable stock cubes | £0.47 |
| 1 x 300ml tub crème fraiche | £0.95 |
| 1 x 100g bag grated parmesan | £1.39 |
| 200g bacon lardons | £1.59 |
| Double up | |
| 200g bacon lardons | £1.59 |
| Loaded Cajun Burgers | |
| 4 chicken breasts | £3.98 |
| 1 x jar cajun seasoning | £0.65 |

| | |
|------------------------------------|--------|
| 1 x jar smoked paprika | £0.49 |
| 1 x 8 pack bacon | £1.39 |
| 1 x 4 pack ciabatta rolls | £1.00 |
| Double up | |
| 4 chicken breasts | £3.98 |
| 1 x 4 pack ciabatta rolls | £1.00 |
| Chilli | |
| 1 x 500g frozen diced onions | £0.75 |
| 1 x 1kg pack carrots | £0.43 |
| 500g minced beef | £1.89 |
| 1 x 200g pack mushrooms | £0.89 |
| 1 x jar chilli powder | £0.49 |
| 1 x jar oregano | £0.49 |
| 1 x 400g can kidney beans | £0.49 |
| 1 x 400g can chopped tomatoes | £0.38 |
| 1 x 500g carton passata | £0.39 |
| Total (without doubling up) | £29.99 |
| Total (with doubling up) | £43.07 |

NB- this shopping list is for all of this week's recipes. If you only want to make one or two, head to the summer meal plan for this week and get the ingredients from each individual recipe.

NB- the ingredients list above is for the main meal only. You will need by the sides to go with each meal.

All prices are based on Aldi and Tesco cheapest prices (26/7/22)