



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>
Tandoori Masala Chicken Skewers	
4 chicken breasts	£3.99
1 x jar tandoori masala spice paste	£2.30
1 x 500g pot natural yoghurt	£0.45
1 x lemon	£0.30
Double up:	
4 chicken breasts	£3.99
1 x lemon	£0.30
Macaroni Cheese	
1 x 500g pack macaroni shell	£0.65
1 x 250g block butter	£1.75
1 x 2litre jug milk	£1.39
1 x 250g bag pre grated cheddar	£1.75
1 x jar dijon mustard	£0.39
(flour not included)	
Double up	
-	
Fish Fajitas	
400g coley	£6.38
1 x 500g bag frozen diced onions	£0.75
1 x 500g bag frozen sliced peppers	£0.75
1 x pack fajita seasoning	£0.60
Double up	
400g coley	£6.38
1 x pack fajita seasoning	£0.60
Melting middle burgers	
500g beef mince	£1.89
1 x jar garlic granules	£0.49
1 x 10 pack babybells	£2.29
1 x bottle Worcestershire sauce	£0.80
1 x bottle American mustard	£1.50

Double up	
500g beef mince	£1.89
Aubergine Katsu Curry	
2 aubergines	£0.98
1 x 150g pack panko breadcrumbs	£1.90
1 x jar katsu curry sauce	£0.95
1 x 1 litre bottle vegetable oil (plain flour not included)	£1.55
Double up	
2 aubergines	£0.98
1 x jar katsu curry sauce	£0.95
1 x 150g panko breadcrumbs	£1.90
Total (without doubling up)	£33.80
Total (with doubling up)	£50.79

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 (date)