

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>
BBQ chicken drumsticks	
8 chicken drumsticks	£2.09
1 x bottle bbq sauce	£0.89
1 x 150g pack frozen chopped garlic	£1.50
Double up	
8 chicken drumsticks	£2.09
Cheesy chorizo and pepper pasta sauce	
1 x chorizo sausage (400g)	£1.79
1 x red pepper	£0.45
1 x pack butter	£1.75
1 x bag plain flour	£0.55
4 pints milk	£1.45
1 x 250g pre grated cheddar	£1.99
Double up	
1 x red pepper	£0.45
Chicken enchiladas	
3 chicken breasts	£3.22
1 x 30g pack fajita seasoning	£0.70
1 x 500g bag frozen sliced peppers	£0.75
1 x pack tortilla wraps	£0.55
1 x 400g can chopped tomatoes	£0.28
1 x 250g bag pre grated cheese	£1.99
1 x jar salsa	£0.79
Double up	
3 chicken breasts	£3.22
Sweet potato dahl	
1 x 500g pack red lentils	£0.99
1 x 500g pack frozen sweet potato chunks	£1.50
1 x jar mild curry powder	£0.79
1 x jar cumin	£0.55
1 x 500g bag frozen diced onions	£0.75
1 x pack frozen chopped ginger	£1.00
1 x 400g can of coconut milk	£0.69

Double up	
1 x 400g can of coconut milk	£0.69
Homemade burgers	
1 x 500g pack minced beef	£1.89
1 x bottle american mustard	£1.65
1 x bottle worcester sauce	£0.95
Double up	
1 x 500g pack minced beef	£1.89
Total (without doubling up)	£31.50
Total (with doubling up)	£39.84

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 (28/7/22)