

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>
Bolognese	
1 x 500g bag frozen diced onions	£0.75
1 x 100g bag frozen chopped garlic	£1.60
500g beef mince	£1.89
2 x 500g bag carrots	£0.27
1 x 250g pack mushrooms	£0.89
2 x 400g cans chopped tomatoes	£0.56
1 x 500g carton passata	£0.39
1 x tube tomato puree	£0.39
Double up	
500g beef mince	£1.89
2 x 400g cans chopped tomatoes	£0.56
1 x 500g carton passata	£0.39
Veggie Pesto and Halloumi Bake	
1 x 1kg bag red onions	£0.75
1 x 400g tin chickpeas	£0.39
1 x 500g bag courgettes	£1.15
2 x red peppers	£0.90
1 x jar pesto	£0.79
1 x jar sundried tomatoes	£1.09
1 x block halloumi cheese	£1.89
Double up	
1 x 400g tin chickpeas	£0.39
2 x red peppers	£0.90
1 x block halloumi cheese	£1.89
Teriyaki chicken	
1 x 600g pack chicken thighs	£3.55
1 x bottle soy sauce	£0.55
1 x bottle white wine vinegar	£1.05
1 x bag frozen sweetcorn	£1.19
1 x can pineapple chunks	£0.75
1 x small bag brown sugar	£0.69
Double up	

1 x 600g pack chicken thighs	£3.55
1 x can pineapple chunks	£0.75
Salt and Chilli Pork Loins	
4 x pork loins	£2.39
1 x jar garlic granules	£0.49
1 x jar fennel seeds	£0.85
1 x jar chilli flakes	£0.49
1 x jar dried parsley	£0.49
Double up	
4 x pork loins	£2.39
Homemade pizza	
1 x roll pizza dough	£2.00
1 x jar pizza sauce	£1.25
1 x 500g bag frozen sliced peppers	£0.75
1 x pack pepperoni slices	£0.85
1 x 250g bag grated cheese	£1.99
Double up	
1 x roll pizza dough	£2.00
Total (without doubling up)	£33.03
Total (with doubling up)	£47.74

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)