

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>
Currywurst	
6 bratwurst sausages	£1.69
1 x 500g bag frozen diced onions	£0.75
1 x bottle tomato ketchup	£0.62
1 x bottle apple cider vinegar	£0.85
1 x jar smoked paprika	£0.55
1 x jar mild curry powder	£0.80
1 x bottle worcester sauce	£0.95
1 x pack beef stock cubes	£0.47
Double up:	
6 bratwurst sausages	£1.69
Herby goats cheese stuffed potatoes	
4 baking potatoes	£0.64
1 x 150g log goats cheese	£1.69
1 x 280g jar sundried tomatoes	£1.09
1 x pack fresh parsley	£0.60
1 x pack fresh coriander	£0.60
Double up	
4 baking potatoes	£0.64
1 x 150g log goats cheese	£1.69
Spiced Lamb and Feta Filo Pie	
1 x 500g bag frozen diced onions	£0.75
1 x 100g pack frozen diced ginger	£1.60
1 x red pepper	£0.45
1 x green pepper	£0.45
500g lamb mince	£3.99
1 x jar cumin	£0.55
1 x jar paprika	£0.55
1 x 200g pack feta	£1.19
1 x jar chilli powder	£0.55
Double up	

1 x red pepper	£0.45
1 x green pepper	£0.45
500g lamb mince	£3.99
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 carrot	£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 carrot	£0.50
Sausage fennel pasta sauce	
1 x 150g pack frozen chopped garlic	£1.50
2 x cartons passata	£0.78
1 x pack veggie stock cubes	£0.47
1 x tube tomato puree	£0.39
1 x 8 pack sausages	£1.49
1 x jar dried fennel seeds	£0.85
Double up	
2 x cartons passata	£0.78
Total without doubling up	£29.54
Total with doubling up	£40.96

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)