

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>
Pepper Popper Chicken	
4 chicken breasts	£3.99
1 x pack Mexican cheese	£2.20
1 x 500g bag frozen diced onions	£0.75
1 x 500g bag frozen sliced peppers	£0.75
1 x jar paprika	£0.55
Double up:	
4 chicken breasts	£3.99
Bhuna Lamb Burgers	
1 x 100g pack frozen chopped ginger	£1.50
1 x jar bhuna spice (or tandoori curry powder if you cant find bhuna)	£1.00
500g minced lamb	£3.69
1 x pack fresh mint or coriander	£0.60
Double up	
500g lamb mince	£3.69
Creamy Sundried Tomato Pasta	
1 x 100g pack frozen chopped garlic	£1.50
1 x 500g carton passata	£0.39
1 x jar sundried tomatoes	£1.19
1 x pack cream cheese	£0.79
Double up:	
1 x 500g carton passata	£0.39
1 x jar sundried tomatoes	£1.19
Greek Spanakopita	
1 x 900g bag frozen spinach	£1.50
1 x 500g bag frozen diced onions	£0.75
1 x 200g pack feta	£1.19
1 x pack fresh dill	£0.38
1 x 6 pack eggs	£0.69
1 x pack filo pastry	£1.70
Double up	
1 x 500g pack frozen spinach	£1.50

1 x 200g pack feta	£1.19
1 x pack filo pastry	£1.70
Mexican Tacos	
1 x pack fajita mix	£0.70
500g minced beef	£1.89
1 x 8 pack tortilla wraps	£0.55
1 x pack grated carrot	£0.75
Double up:	
1 x pack fajita mix	£0.70
500g minced beef	£1.89
1 x pack grated carrot	£0.75
Total (without doubling up)	£29
Total (with doubling up)	£45.99

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 (29/7/22)