

# 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>
<b>Pepper Popper Chicken</b>	
4 chicken breasts	£4.15
1 x 200g pack sliced Mexican cheese	£2.20
1 x 500g pack frozen sliced peppers	£1.00
1 x 500g bag frozen diced onions	£0.75
1 x jar paprika	£0.59
<b>Double up:</b>	
4 chicken breasts	£4.15
1 x pack sliced Mexican cheese	£2.20
<b>Spaghetti Bolognese</b>	
1 x 100g pack frozen chopped garlic	£1.50
500g minced beef	£1.79
1 x 200g pack grated carrot	£0.45
1 x 250g pack sliced mushrooms	£0.89
2 x 400g cans chopped tomatoes	£0.76
1 x 500g carton passata	£0.39
1 x tube tomato puree	£0.39
<b>Double up:</b>	
500g minced beef	£1.79
1 x 200g bag grated carrot	£0.45
2 x 400g cans chopped tomatoes	£0.76
1 x 500g tub passata	£0.39
<b>Leek, Pea and Spinach Soup</b>	
1 x 500g pack leeks	£1.39
1 x 900g bag frozen peas	£0.65
450g fresh spinach	£1.59
1 x pack veggie stock cubes	£0.52
<b>Double up:</b>	
450g fresh spinach	£1.59
<b>Sausage and fennel pasta sauce</b>	
2 x 500g cartons passata	£0.78
1 x 8 pack pork sausages	£1.49
1 x jar dried fennel seeds	£0.85

<b>Double up:</b>	
2 x 500ml cartons passata	£0.78
<b>Chickpea and sweetcorn burgers</b>	
1 x 400g tin chickpeas	£0.45
1 x 200g tin sweetcorn	£0.45
1 x jar cumin	£0.59
1 x jar smoked paprika	£0.59
<b>Double up</b>	
1 x 400g tin chickpeas	£0.45
1 x 200g tin sweetcorn	£0.45
<b>Total (without doubling up)</b>	£24.21
<b>Total (with doubling up)</b>	£37.22