

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>
Salt and chilli pork loins	
4 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 pork loins	£2.39
Green pasta sauce with crispy bacon	
1 x 500g diced frozen onions	£0.75
1 x 100g pack frozen chopped garlic	£1.00
1 x 900g bag frozen spinach	£1.50
1 x 900g bag frozen peas	£0.55
1 x head broccoli	£0.50
1 x pack vegetable stock cubes	£0.47
1 x 300ml tub crème fraiche	£0.95
1 x 100g bag grated parmesan	£1.39
200g bacon lardons	£1.59
Double up:	
200g bacon lardons	£1.59
Loaded Cajun Burgers	
4 chicken breasts	£3.98
1 x jar cajun seasoning	£0.65
1 x jar smoked paprika	£0.49
1 x 8 pack bacon	£1.39
1 x 4 pack ciabatta rolls	£1.00
Double up:	
4 chicken breasts	£3.98
1 x 4 pack ciabatta rolls	£1.00
Greek Spanakopita	
1 x 900g bag frozen spinach	£1.50
1 x 200g pack feta cheese	£1.15
1 x pack fresh dill	£0.60

1 x 6 pack eggs	£0.69
1 x pack filo pastry	£1.70
Double up:	
1 x 200g pack feta cheese	£1.15
1 x pack filo pastry	£1.70
Chilli	
1 x 500g frozen diced onions	£0.75
1 x 1kg pack carrots	£0.43
500g minced beef	£1.89
1 x 200g pack mushrooms	£0.89
1 x jar chilli powder	£0.49
1 x jar oregano	£0.49
1 x 400g can kidney beans	£0.49
1 x 400g can chopped tomatoes	£0.38
1 x 500g carton passata	£0.39
Double up:	
500g minced beef	£1.89
1 x 400g can kidney beans	£0.49
1 x 400g can chopped tomatoes	£0.38
1 x 500g carton passata	£0.39
Total shopping list:	£32.76
Total shopping list including doubling up:	£14.96

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 products (16/6/22)