Shopping List for Meal Plan 18 (Aldi) Feb 2023

www.tamingtwins.com

Celery Whole Broccoli	£	0.57	
Everyday Essentials White Onions (1kg)	£	0.55	
Everyday Essentials Peppers (600g) Nature's Pick Garlic bulbs	£	1.20	
Essentials Potatoes (2.5kg)	£	0.95 1.15	
Sweet Potatoes (1kg)	£	0.99	
Sweet Foldioes (INg)	Ľ	0.99	
Beef Mince (500g)	£	1.99	
Chicken Breasts (650g)	£	4.25	
Sausages (8 pack)	£	1.75	
Salmon side	£	7.39	
Cooked Ham (120g)	£	1.69	
			Storecup
Soft Cream Cheese (200g)	£	0.95	(Check you
Grated Mozzarella Cheese (250g)	£	1.99	Olive Oil
Puff Pastry Sheet (375g)	£	1.09	Sunflower
Single Cream (300ml)	£	0.99	Sea Salt
			Freshly Gro
Essentials Chopped Tomatoes (400g tin)	£	0.32	Fennel See
Essentials Chopped Tomatoes (400g tin)	£	0.32	Italian Her
Chickpeas in Water (400g tin)	£	0.49	Dried Chili
Coconut Milk (400g tin)	£	0.79	Cajun Spice
			Ground Cu
Crunchy Peanut Butter (340g)	£	1.19	Ground Gi
7			Ground Co
Dried Pasta (500g)	£	0.41	Wholegrain
Long Grain Rice (1kg)	£	0.48	Tomato Pu
Madisus Fues Bases Free (C)	_		Vegetable 9
Medium Free Range Eggs (6)	£	1.19	Beef Stock
Francis Dags 0005	C	0.00	Chicken Sto
Frozen Peas 900g	£	0.89	Cornflour Plain Flour
TOTAL	£	34.27	Breadcrum
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Storecupboard:
(Check you have these)
Olive Oil
Sunflower Oil
Sea Salt
Freshly Ground Black Pepper
Fennel Seeds
Italian Herbs
Dried Chili Flakes
Cajun Spice
Ground Cumin
Ground Ginger
Ground Coriander
Wholegrain Mustard
Tomato Puree
Vegetable Stock Cube
Beef Stock Cube
Chicken Stock Cube
Cornflour
Plain Flour
Prooderumbs