

Weekly Shopping List 3

Fresh Meat

- 8 Cumberland Sausages (£1.29)
-
-
-
-
-
-

Dairy/chilled

- Cheddar cheese (£1.89)
- Gorgonzola (£1.39)
- 2 pints milk (66p)
- Puff pastry (89p)
- 150g Goat's Cheese (£1.29)
-
-
-
-

Vegetables & Fruit

- Spring onions x 3 (£1.47)
- Spinach (£1.45)
- Bag of chilli's (52p)
- Cloves of garlic (49p)
- Ginger (47p)
- 2.5kg Baking potatoes (£1.75)
- Bag of carrots (30p)
- Cucumber (45p)
- Bag of onions (59p)
- Leeks (69p)
- Fresh chives (67p)
-
-
-
-
-
-
-
-

Store Cupboard

- Tin tuna (65p)
- Mayonnaise (79p)
- 6 eggs (79p)
- 500g Passata (35p)
- Medium noodles (59p)
- Spaghetti (45p)
- Jar of sundried tomatoes (1.05)
-
-
-
-
-
-

Other

- Bread (40p)
- 6 part baked rolls (39p)
-
-
-
-
-
-
-

Frozen

- 700g frozen chicken breast (£3.33)
- 400g frozen Basa Fillets (£1.75)
- Frozen sweetcorn (79p)
-
-
-
-

I did this weekly shop at Aldi UK. To make the recipes on the meal planner you will also need some store cupboard bits. If you don't have these already, you will need to add them to the shopping list. Olive oil for frying, dried oregano, dried sage, dried Thyme, mixed herbs, chilli powder, cumin, chicken stock cubes, sugar, balsamic vinegar, flour, salt and pepper.