Vegetarian Shopping List

Vegetables & Fruit

- Spring onions x 2 (98p)
- Spinach (£1.45)
- Bag of chilli's (52p)
- Cloves of garlic (49p)
- Ginger (47p)
- 2.5kg potatoes (£1.75)
- Bag of onions (59p)
- Butternut squash (72p)
- Spring greens (65p)
- Cauliflower (95p)
- Baking potatoes (4) (85p)
- Carrots (42p)
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Store Cupboard

- 500g Passata (35p)
- Spaghetti (45p)
- Jar of sundried tomatoes (1.05)
- Tinned chickpeas (30p)
- Sultanas (88p)
- Long grain rice (40p)
- Self raising flour (45p)
- Soy sauce (45p)
- Digestive biscuits (31p)
- English mustard (45p)
- 150g cashew nuts (1.29)
- Baking powder (65p)
- Plain flour (45p)
- Red pesto (99p)
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Dairy/chilled

- Cheddar cheese (£1.89)
- Garlic & herb soft cheese (49p)
- 2 pints milk (66p)
- Butter (1.08)
- 150g Goat's Cheese (£1.29)
- Feta Cheese (95p)
- Free range eggs (79p)
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Frozen

- 300g frozen Quorn chicken (£1.50)
- 8 Quorn Sausages (£1.50)
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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. Oil for frying, dried mixed herbs, dried sage, chilli powder, curry powder, turmeric, cumin, ground cinnamon, sugar, gravy granules, veg stock cubes, salt and pepper.