

SHOPPING LIST

INGREDIENTS

TESCO

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1KG NEW POTATOES	£0.95	£0.95
1KG ONIONS	£0.55	£0.55
1KG RED ONIONS	£0.72	£0.72
1 X CAULIFLOWER	£0.95	£0.95
200G MUSHROOMS	£0.63	£0.89
250G SPINACH	£0.90	£0.76
2 X 250G CHERRY TOMATOES	£1.14	£1.14
1KG CARROTS	£0.49	£0.49
1 X LEEK	£0.63	£1.19
6 X SPRING ONIONS	£0.49	£0.39
1 X CUCUMBER	£0.69	£0.69
6 X TOMATOES	£0.85	£0.85
250G SALAD	£0.78	£0.75
6 X PITTA BREADS	£0.55	£0.55
200G SOFT CHEESE	£0.85	£0.85
325G PUFF PASTRY SHEET	£1.25	£1.09
200G MOZZARELLA	£0.65	£0.65
1KG RICE	£0.45	£0.45
500G RED LENTILS	£1.35	£1.09
400G KIDNEY BEANS	£0.33	£0.33
3 X 400G TINNED TOMATOES	£0.96	£0.96
2 X 145G TINNED TUNA	£1.10	£1.10
500G LASAGNE SHEETS	£0.95	£0.79
500G PASTA	£0.41	£0.41
42G CINNAMON	£1.85	£0.59
56G GARLIC GRANULES	£0.95	£0.49
175G BREADCRUMBS	£0.85	£0.72
900G MEAT FREE MINCE	£3.90	£5.90
1KG CHICKEN BREASTS	£3.79	£3.79
TOTAL	£29.96	£30.08

OR £27.26 ACROSS THE TWO STORES