

# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

6 X SPRING ONIONS	£0.49	£0.49
1 X CAULIFLOWER	£0.95	£0.95
250G SPINACH	£0.90	£0.76
1 X CUCUMBER	£0.69	£0.69
1 X LETTUCE	£0.60	£0.60
1 X RED PEPPER	£0.50	£0.29
6 X SMALL WRAPS	£1.00	£0.55
200G SALAD CHEESE	£0.70	£0.70
500G NATURAL YOGHURT	£0.79	£0.79
200G MOZZARELLA	£0.65	£0.65
15 X EGGS	£1.79	£1.70
500G SPAGHETTI	£0.28	£0.28
400G CHICKPEAS	£0.70	£0.49
800G 2 X TACO MIXED BEANS	£1.60	£1.18
1.2KG 3 X TINNED TOMATOES	£0.96	£0.96
290G COCONUT MILK	£1.00	£0.69
500G CORNFLAKES	£0.65	£0.63
150ML DARK SOY SAUCE	£0.65	£0.55
340G HONEY	£0.75	£0.75
1.04KG 2 X FROZEN FISH FILLETS	£5.00	£6.58
500G TURKEY MINCE	£4.05	£2.39
1KG CHICKEN BREASTS	£3.79	£3.79
TOTAL	£28.49	£26.46

**OR £24.88 ACROSS THE TWO STORES**