

SHOPPING LIST

INGREDIENTS

TESCO

ALDI

2KG POTATOES	£1.19	£0.95
1KG ONIONS	£0.55	£0.55
GINGER	£0.53	£0.59
200G MUSHROOMS	£0.63	£0.89
250G BABY SPINACH	£0.90	£0.76
250G CHERRY TOMATOES	£0.57	£0.57
250G SWEET AND CRUNCHY SALAD	£0.78	£0.75
8 TORTILLAS	£0.85	£0.85
6 PITTA BREAD	£0.55	£0.55
200G HOUMOUS	£0.69	£0.69
15 EGGS	£1.79	£1.59
2 X INSTANT NOODLES	£1.10	£0.64
1KG PORRIDGE OATS	£0.70	£0.70
400ML LIGHT COCONUT MILK	£1.00	£0.69
2 X 400G RED KIDNEY BEANS	£0.66	£0.66
2 X 400G TINNED TOMATOES	£0.64	£0.64
400G TIN BAKED BEANS	£0.26	£0.26
LIGHT MAYONNAISE	£1.70	£0.65
GARAM MASALA	£1.00	£0.79
10 BEEF STOCK CUBES	£0.50	£0.52
10 CHICKEN STOCK CUBES	£0.50	£0.52
2 X 450G MEAT FREE MINCE	£3.90	£5.90
1KG CHICKEN BREASTS	£3.79	£3.79
1KG FROZEN VEG	£0.79	£0.79
TOTAL	£25.57	£25.29

OR £22.93 ACROSS THE TWO STORES