

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
2 X 250G CHERRY TOMATOES	£1.30	£1.30	£1.30	£1.35	£1.18
250G ASPARAGUS	£2.00	£1.89	£2.00	£1.89	£1.99
4 X GARLIC	£0.95	£0.95	£0.75	£0.85	£0.99
30G BASIL	£0.52	£0.52	£0.55	£0.52	£0.89
CORIANDER	£0.52	£0.52	£0.55	£0.52	£1.39
120G SALAD	£0.83	£0.60	£0.80	£1.20	£0.69
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.50
3 X COURGETTES	£1.29	£1.29	£1.68	£1.29	£1.29
1 X PEPPER	£0.60	£0.59	£0.60	£0.55	£0.49
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25
500G PARSNIPS	£0.50	£0.50	£0.65	£0.62	£0.50
SWEDE	£0.80	£0.62	£0.65	£0.62	£0.79
CHICKPEAS	£0.49	£0.49	£0.45	£0.49	£0.89
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95
500G PASTA	£0.41	£0.41	£0.41	£0.82	£0.95
4 X LIMES	£1.20	£1.19	£1.00	£0.24	£0.99
FRESH CORIANDER	£0.90	N/A	£0.70	£1.10	£0.99
1.5KG PLAIN FLOUR	£0.58	£0.58	£0.58	£0.58	£1.65
15 X EGGS	£1.99	£1.99	£1.99	£1.66	£2.39
200G CHEESE	£1.99	£1.49	£2.00	£2.00	£1.75
500ML NATURAL YOGHURT	£0.45	£0.45	£1.10	£0.60	£0.45
2KG CHICKEN PIECES	£2.62	£5.38	£4.70	£4.30	£6.98
1KG CHICKEN BREASTS	£3.99	£3.99	£4.10	£6.00	£5.25
500G SALMON FILLETS	£5.55	£3.49	£4.30	£4.41	£5.99
500G COOKING BACON	£0.90	£1.40	£0.90	£0.85	£1.17
20 X SAUSAGES	£1.36	£1.99	£2.50	£2.50	£3.25
950G FROZEN SWEETCORN	£1.22	£1.35	£1.60	£1.28	£1.69
TOTAL	£34.89	£34.91	£37.89	£38.45	£47.29

OR £30.13 ACROSS THE STORES