

# SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
6 SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09
2KG BABY POTATOES	£1.90	£1.38	£2.00	£1.60	£2.00
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.40
200G MUSHROOMS	£1.10	£0.85	£0.89	£0.94	£0.99
5 X PEPPERS	£2.50	£1.29	£1.50	£2.16	£2.50
30G FRESH BASIL	£0.52	£0.52	£0.55	£0.52	£0.89
1 X RED CHILLI	£0.70	£0.57	£0.35	£0.53	£0.59
120G BAG OF SALAD	£0.78	£0.60	£0.80	£1.20	£0.89
1 X LEMON	£0.55	£0.55	£0.55	£0.69	£0.55
CHILLI FLAKES	£1.10	£0.65	£0.70	£1.10	£0.99
GINGER	£1.10	£0.49	£0.70	£1.10	£0.99
6 TINS OF CHOPPED TOMATOES	£1.92	£1.92	£1.92	£1.92	£1.92
3 TINS OF BAKED BEANS	£0.81	£0.81	£0.81	£1.29	£1.47
BBQ SAUCE	£1.00	£0.89	£1.00	£1.15	£1.25
1KG RICE	£0.45	£0.48	£0.48	£0.48	£1.35
500G RED LENTILS	£1.35	£1.15	£1.35	£1.35	£1.39
200G CHORIZO	£2.50	£1.89	£2.25	£2.35	£2.49
200G CHEESE	£1.99	£1.49	£2.00	£2.00	£1.75
100G ITALIAN CHEESE	£1.39	£1.39	£1.79	£2.80	£1.59
400G DICED BEEF	£3.79	£3.79	£4.00	£4.00	£4.50
4 X PART BAKED ROLLS	£0.69	£0.69	£1.45	£1.15	£1.09
CORN ON THE COB	£1.60	£1.35	£1.65	£1.60	£1.39
4 X WHITE FISH FILLETS	£2.50	£3.45	£2.50	£2.50	£2.50
500G CASSEROLE VEG	£1.00	£0.95	£1.00	£1.25	£1.29
TOTAL	£33.88	£29.79	£33.08	£36.57	£37.11

OR £28.69 ACROSS THE STORES