

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
240G BABY SPINACH	£1.00	£0.79	£1.00	£1.50	£0.99
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25
LETTUCE	£0.70	£0.70	£0.58	£0.85	£0.65
6 X SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09
4 X GARLIC	£0.95	£0.95	£0.75	£0.85	£0.99
3 X PEPPERS	£1.25	£1.25	£1.25	£1.00	£1.25
500G LEEKS	£1.25	£1.25	£1.30	£1.30	£1.29
BABY PLUM TOMATOES	£0.69	£0.95	£1.75	£1.00	£0.89
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
CHIVES	£1.00	N/A	£0.55	£1.00	£0.99
RED PESTO	£1.25	£0.95	£1.10	£1.25	£1.25
RICE	£0.45	£0.48	£0.48	£0.48	£1.35
2 X TIN POTATOES	£0.76	£0.76	£0.74	£0.74	£1.98
2 X CHOPPED TOMATOES	£0.64	£0.64	£0.64	£0.64	£0.64
STUFFING MIX	£0.46	£0.46	£0.25	£0.55	£1.35
CRANBERRY SAUCE	£0.55	N/A	£0.80	£0.85	£1.09
GRAVY GRANULES	£0.32	£1.09	£0.32	£0.62	£0.32
500G RED LENTILS	£1.40	£1.15	£1.35	£1.35	£1.39
100G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83
500G GRATED CHEESE	£3.98	£2.50	£2.60	£2.60	£2.49
200G CHORIZO	£2.50	£1.89	£2.25	£2.35	£2.49
500G BEEF MINCE	£2.49	£2.49	£3.45	£2.49	£2.49
500G COOKING BACON	£0.85	£2.80	£0.90	£0.85	£1.49
BACON	£1.40	£1.40	£2.20	£1.50	£1.17
375G TURKEY BREAST STEAKS	£4.50	£3.49	£4.40	£4.00	£4.25
1KG FROZEN MIXED VEG	£0.99	£0.99	£0.82	£1.00	£1.19
520G WHITE FISH FILLETS	£2.50	£3.79	£2.50	£2.50	£4.25
4 X ROLLS	£0.55	£0.55	£0.80	£0.72	£0.79
LOAF OF BREAD	£0.39	£0.39	£0.39	£0.39	£0.69
TOTALS	£36.29	£35.30	£37.26	£36.22	£41.39

OR £30.77 ACROSS THE STORES