

Shopping List Sample

Item	Price	Item	Price
Frozen chicken 1KG	£4.29	Bananas	0.78
Pork & beef mince	£5.69	Apples	£0.99
Frozen Sausages	£2.29	Frozen mix veg	0.99
24 Eggs	£4.98	Frozen peas	£1.15
3 x pizzas	£3.30	Bacon essentials	1.52
Cheddar cheese	£4.85	Long grain	£0.52
Milk	£2.40	Spagetti	£0.28
Strawberry yoghurt	0.89	Wraps	0.99
Potatoes	£1.65	Porridge oats	0.85
Onions	0.99	Pasta x 2	0.82
Carrots	0.69	Chopped tomatoes	0.43
Bread x 3	1.65	Baked beans x4	1.08
Tomatoes	£0.99	Yorkshire puddings	0.46
Head of lettuce	0.89	Curry sauce	0.49
Frozen chips	£1.65	Pasta sauce x2	0.98
Cereal	£0.75	Mozerella grated	1.89
Total			£52.17

Prices are from Aldi UK.

Make swaps if you see discounts

Keep an eye on your prices as you shop-use your phone calclator to keep track

Stick to the list apart from reasonable swaps so that you don't over spend

Aldi 'Essentials' range was used where available.