

## Eat for £50 a Month Shopping List

Item	Cat	Price in £	Amount	Source	After 4 weeks leftovers
Bananas	F	1	14	Market	0
Plums	F	0.5	60	Market	0%
Lemons	F	1	5	Market	20%
Crème Fraiche	Fr	0.9	300ml	Asda	70%
Pecorino cheese	Fr	2.3	150g	Asda	40%
Mozarello	Fr	1.5	3 packs	Asda	0%
Butter	Fr	0.85	250g	Asda	0
Soya milk	Fr	1.5	3 litres	Lidl	0
Anchovies	P	0.67	1 tin	Asda	0
Avocado	P	0.59	1	Lidl	0
Black eyed beans	P	0.59	large jar	Lidl	0
Chicken Wings	P	1.62	900g	Sainsburys	0
Tuna	P	0.54	1tin	Asda	0%
Turkey mince	P	2.25	500g	Asda	0%
Lentils	P	1.13	100g	Asda	20%
Eggs	P	4	30	Asda	2
Fish	P	6	12 pieces	Asda	33%
Chicken Breast	P	1.5	3 breasts 170g	Butcher	75%
Pasta	S	1	Pack Orso, Pack tagliatelli	Asda	70%
Arborio rice	S	1.06	500g	Asda	75%
Bread	S	1	2 small sliced loaves	Asda	1 loaf
Gram flour	S	1	100g	Asda	0
Olives	S	1	Jar	Asda	50%
Tinned tomatoes	S	2	6 tins	Asda	16%
Breakfast flakes	S	3	2 packets	Asda	10%
Peas and beans	S	2	6 tins	Asda	33%
Rice (long grain)	S	0.4	1kg	Asda	20%
Mustard	S	0.43	100g jar	Lidl	50%
Stock cubes	S	1	12 pieces	Asda	60%
Rice noodles	S	1	6 nests	Asda	80%
Soy Sauce	S	0.45	150ml	Asda	80%
Cornflour	S	0.75	250g	Asda	90%
Honey	S	1	340g	Sainsburys	75%
Aubergines	V	0.5	3 small ones	Market	0
Carrots	V	0.6	12 large ones	Asda	0
Cherry tomatoes	V	1	100 cherry	Market	0
cucumber	V	0.42	1 large	Asda	0
Fennel	V	0.5	3 small heads	Market	0
Ginger	V	1	Jar	Asda	0
Mushrooms	V	1	15	Asda	0%
New potatoes	V	0.22	20	Lidl	0%
Sweet potatoes	V	0.5	4	Market	0%
Onions	V	0.6	10	lidl	10%
Frozen peas	V	1	1kg	Asda	20%
Garlic bulbs	V	1	3	Asda	33%
Potatoes	V	1	6 large white	Sainsburys	50%
Iceberg lettuce	V	0.43	1	Asda	70%
Basil	V	0.7	jar	Asda	75%
<b>Total</b>		<b>56</b>			