

Grocery List For 2 Weeks



Ingredients	Cost at Asda
Corned beef 4x slices	£1.50
Butchers Sausages, Cumberland x8	£1.60
Whole chicken - med	£3.60
Beef mince 500g x3	£5.70
Pork loin 1.5kg	£6.75
6 x loin steaks	£3.50
Salmon x4 or battered fish	£3.55
Chicken thighs	£2.45
Stew pack x3	£3.00
Maris Spuds 5kg	£2.40
White spuds 2.5G	£0.91
New spuds	£0.50
Broccoli x2	£1.00
Aubergine	£0.70
Celery	£0.46
Peppers x3	£0.95
Cabbage/sprouts	£0.65
Cauliflower	£0.85
Tomatoes cherry	£0.50
Tim tomato x4	£1.50
Passatta	£0.60
Pickle	£0.60
Tom purée	£0.34
Leeks	£0.50
Kidney beans	£0.50
Milk 2litre	£1.25
Butter 1kg clover	£3.20
Flour	£0.55
Suet	£1.60
Spaghetti 2 4	£2.00
Lasagne sheets	£0.79
Garlic bread x2	£0.64
Garlic	£0.25
Feta Greek style	£0.75
Cream	£1.20
Lg Yogurt - Greek	£0.85
Parsley	£0.49
Mixed herbs	£0.45
Parmesan 160g	£2.00
Bread X2 loafs	£1.20
Rice 500g	£1.07
Oil Sunflower	£1.19
Peas 1kg	£0.80
Plain Breadcrumbs	£0.49
Mayflower Curry powder	£1.00
Cheese - cheddar & mozzarella	£3.00
Iceberg Lettuce	£0.46
Red onion	£0.10
Whole Cucumber	£0.45
Bag Onions	£0.75
Cress	£0.30
Gravy browning	£0.85
Eggs x12 f/r	£1.80
Beans x2	£0.70
Homepride 2 4 chilli & white wine & cream	£2.00
Mushrooms	£0.57
Chillis	£0.50
Sour cream & chive	£0.79
Tortillas chips	£0.43
Tuna 4x tins	£2.80
Sweetcorn	£0.40
Stock cubes	£1.00
Thyme	£0.65
Mint	£0.50
Seasoning	£0.80
Total	£85.23
Week	£42.62
Over 14 days	£6.09
For 4 People	£1.52