

# SHOPPING LIST

SIX MEALS - FOUR SERVES

## PANTRY INGREDIENTS

| ITEM                                       | QUANTITY | PRICE \$ |
|--|----------|----------|
| pasta - spaghetti 500g                     | 1        | 1.20     |
| diced (can) tomatoes 400g                  | 2        | 1.20     |
| passata sauce 700g                         | 1        | 2.00     |
| cashews 200g                               | 1        | 5.50     |
| white rice 1kg                             | 1        | 3.00     |
| marinade - teriyaki 375g                   | 1        | 2.50     |
| mini tacos 10 pack                         | 1        | 4.00     |
| coconut milk 400ml                         | 1        | 0.95     |
| thai yellow curry paste 185g               | 1        | 3.30     |
| chicken (liquid stock) salt reduced 1litre | 1        | 3.00     |
| breadcrumbs 750g                           | 1        | 2.30     |
| pasta - shells small no 28 500g            | 1        | 2.60     |
| annalisa beans cannellini 400g             | 1        | 1.50     |

## FROZEN INGREDIENTS

| ITEM                                     | QUANTITY | PRICE \$ |
|--|----------|----------|
| green beans 1kg                          | 1        | 1.99     |
| mixed vegetables peas corn & carrot 500g | 1        | 2.60     |

## FRUITS, VEGETABLES AND HERBS

| ITEM                                  | QUANTITY | PRICE \$ |
|---------------------------------------|----------|----------|
| basil (fresh herb) 15g punnet         | 1        | 3.00     |
| coriander (fresh herb) bunch          | 1        | 3.00     |
| sweet potato                          | 1        | 3.90     |
| brown onion                           | 2        | 0.90     |
| carrot (1kg bag)                      | 1        | 2.00     |
| red capsicum                          | 2        | 3.50     |
| red cabbage                           | 1        | 3.30     |
| celery                                | 1        | 4.50     |
| lime                                  | 2        | 1.50     |
| tomato - perfection medley mix (200g) | 1        | 4.00     |
| zucchini                              | 3        | 2.70     |

## MEAT AND DAIRY

| ITEM                                       | QUANTITY | PRICE \$ |
|--|----------|----------|
| parmesan cheese 100g                       | 2        | 3.20     |
| chicken tenderloins 600g                   | 1        | 9.00     |
| chicken breast fillets small skinless 800g | 1        | 8.50     |
| chicken thigh fillets 600g                 | 1        | 8.00     |
| beef mince 500g                            | 1        | 6.00     |
| beef sizzle steak 400g                     | 1        | 10.00    |
| ham 250g                                   | 1        | 5.50     |

## BAKERY

| ITEM                            | QUANTITY | PRICE \$ |
|---------------------------------|----------|----------|
| bread rolls crusty lunch 6 pack | 1        | 2.00     |

TOTAL INGREDIENT COST:

**\$123**



# STREET EATS

+ **STAPLES** (you only need a small amount of these ingredients. You might re-stock them once a month.)

| ITEM                       | QUANTITY | PRICE \$ |
|----------------------------|----------|----------|
| salt                       | 1        | 1.09     |
| pepper                     | 1        | 2.95     |
| oregano leaves 10g         | 1        | 1.80     |
| finely crushed garlic 170g | 1        | 3.00     |
| sweet chilli sauce 280ml   | 1        | 1.50     |
| oyster sauce 210ml         | 1        | 3.20     |
| essentials olive oil 500ml | 1        | 3.00     |
| brown sugar 1kg            | 1        | 2.69     |
| fish sauce 300ml           | 1        | 3.00     |
| mayonnaise 440g            | 1        | 2.85     |
|                            | TOTAL \$ | 25.08    |

Other ways to save \$\$\$ on food;

- Keep an eye out for sales/promotions
- Swap ingredients to purchase fruit and vegetables that are in season
- Swap meat for lentils, legumes or beans
- Purchase items in bulk
- Be creative whilst cooking with leftover ingredients
- Grow your own herbs, fruit and vegetables
- Shop at fresh food markets
- If your still struggling to afford the necessary ingredients you can access food recovery agencies like;
  - o The Health Food Co.
  - o Foodbank / Food Hub
  - o Playford Community Fund Inc.

Prices are approximate and vary based on sales and availability. Our costing was based on Woolworths prices in July 2020.