

Tesco Shopping List:

Pick enough food for a family of 4 to last 3 meals a day for 7 days.

You have £72 to spend.

Remember to account for your other bills such as:

Phone £5.00

Water £4.00

Electricity £6.00

Gas £6.00

Savings (to spend on clothes, toiletries and other items you will need but will not buy every week) £5.00

<b>Fresh, frozen &amp; chilled</b>	<b>Cost</b>	<b>Bakery</b>	<b>Cost</b>
4 Chicken breast pieces	£4.00	3 x sliced wholemeal/white loaves	£2.00
4 White fish fillets	£4.50		
12 Rations of Bacon	£2.00		
6 Chicken wings/thighs/legs	£3.50	<b>Fresh Fruit &amp; Vegetables</b>	
500g cheddar cheese	£2.00	Bag of mixed peppers	£1.00
2pts Semi skimmed milk	£2.00	2 x lemons	£1.00
8 Pork sausages	£3.50	Tub of Mushrooms	£1.00
Sunflower spread	£1.00	Bag of 6 pears	£1.00
Tub of Vanilla ice cream	£1.50	Bag of 6 bananas	£1.00
A bag of frozen mixed veg	£2.00	Bag of 6 apples	£1.00
		4x Garlic	£1.00
		Bag of carrots	£1.00
		2x leeks	£1.00
<b>Tins, cartons &amp; bottles</b>		2x Broccoli	£1.00
Tin of sweetcorn	50p	Bag potatoes	£1.00
Tin of chopped tomatoes	50p	Bag of onions	£1.00
Tin of red kidney beans	50p		
Tin of green lentils	50p		
2 x tins of baked beans	£1.00	<b>Dried goods</b>	
Bottle of high juice squash	£1.00	1 kg rice	£2.50
4 x 1 litre cartons pure fruit juice	£2.00	Box of Cornflakes	£1.50
1 tin tuna	75p	2 packets of biscuits	£1.00
		12 pack crisps	£2.00
		500g dried pasta	£1.00