

priced at Asda.com in May 2020

breakfasts		
2 x 1kg value oats	£1.50	
350g frozen blueberries	£1.75	
350g frozen strawberries	£1.75	
500g cooking bacon	£1.00	
4 pack Branston beans	£2.00	
value wholemeal loaf	£0.55	
250g butter	£1.55	
4 x 15 mixed weight free range eggs	£7.60	
6 pints milk	£1.50	3.4 litres. 2 litres used in overnight oats, rest used in general usage
250g mackerel	£2.50	
lunches		
1kg Asda frozen mixed veg	£0.94	
500g Asda mature cheddar	£2.50	
1kg sweet potatoes	£0.76	
Farm Stores mixed peppers - 3 peppers	£1.15	
8 x Napolina 400g tins chopped tomatoe	£4.00	
2kg onions	£1.40	
1kg Asda brown basmati rice	£1.77	
Asda smartprice pasta shapes x 2	£0.58	
Asda homestores avocados - pk 4	£1.30	
750g Asda salad tomatoes	£1.25	
4 pack oranges	£2.00	
200g Asda mild and creamy Brie	£0.99	
Napolina Extra Virgin Olive Oil, 750ml	£4.49	
2 tins KTC chick peas	£0.64	
Asda plain folded flatbreads (6)	£0.89	or make flatbreads with flour
1.5kg strong flour	£0.60	
100g easybake yeast	£0.98	
dinners		
free range whole chicken - about 1.5kg	£5.42	
2 x 2kg King Edwards	£2.70	
white cabbage	£1.20	
1kg frozen peas	£0.99	
1kg frozen sweetcorn	£0.99	
Asda 1kg thick greek yogurt	£1.42	half for ice cream
tin condensed milk	£1.00	
600g double cream	£1.85	
250g Asda cocoa	£1.19	
500g frozen forest fruits	£1.65	with half of yogurt
iceberg lettuce	£0.70	
480g Aleyna red peppers in a jar	£1.45	half for Mon, half for Sat
cucumber	£0.60	
200g Smart Price salted peanuts	£0.48	50g in recipe, rest anywhere
1kg carrots	£0.55	
125g Danish pepperoni	£1.00	
2 x 125g Asda mozzarella	£0.98	
1kg chicken fillet	£5.39	500g used in curry, 500g in chicken salad
4 x Asda baked beans	£1.00	
KTC coconut milk	£0.50	
45g Asda turmeric	£0.59	or from stock cupboard
41g Asda cumin	£0.59	
34g Asda coriander	£0.84	
garlic bulb	£0.25	
20g fresh ginger	£0.06	
900g frozen sweetcorn cobs	£1.35	
500g 5% minced beef	£2.97	
500g puff pastry block	£1.00	
Asda Smart Price soft cheese, 300g	£0.73	
150g Asda walnut pieces	£1.79	
400ml Asda real mayonnaise	£0.67	
6 pack Braeburn apples	£1.30	
litre rapeseed oil	£1.09	
kg granulated sugar	£0.69	
150g sesame seeds	£1.28	
use any remaining budget for fresh fruit		
Total	£94.20	
	£2.69	per person, per day