

WEEKLY SHOPPING LIST ON A \$100 BUDGET

QUANTITY	ITEM	INDICATIVE PRICE
PRODUCE		
2	TELEGRAPH CUCUMBER	3.00
12	BANANAS	5.91
1KG	ROYAL GALA APPLES	3.49
2	BROCCOLI	2.50
1KG	CARROTS	1.89
1KG	BROWN ONIONS	0.99
1KG	WHITE WASHED POTATOES	2.29
1 HALF	GREEN CABBAGE	1.39
250G PUNNET	CHERRY TOMATOES	2.99
300G BAG	MESCLUN LEAVES	5.49
BUTCHERY		
1.1 KG	HERB & GARLIC BUTTERFLY CHICKEN	9.99
450G	FRESH PORK SAUSAGES	6.99
500G	PREMIUM BEEF MINCE	8.50
400G	BEEF RUMP STEAK	10.00
500G	CHICKEN BREAST	5.50
BAKERY		
1 LOAF	SOYA LINSEED BREAD	3.30
DAIRY & EGGS		
2L	STANDARD MILK	3.37
FROZEN FOODS		
700G	POTATO ROASTERS	3.89
BREAKFAST CEREALS		
1.2KG	WEET-BIX	6.49
CANNED & PREPARED FOODS		
2 x 400G CAN	DICED PLAIN TOMATOES	1.70
2 x 185G CAN	TUNA IN SPRING WATER	5.58
1 x 400G CAN	RED KIDNEY BEANS	0.99
PASTA, RICE & NOODLES		
1KG	LONG GRAIN WHITE RICE	1.79
TOTAL:		99.74

All prices in this shopping list are indicative only. Prices were taken from PAK'nSAVE Mt Albert's online shop on 20 November 2020. Prices will vary depending on seasonality, sales and demand. Products, prices and limits may also vary between store.

PAK'nSAVE