

WEEKLY SHOPPING LIST ON A \$30 BUDGET

QUANTITY	ITEM	INDICATIVE PRICE
PRODUCE		
3	BANANAS	1.48
600G	ROYAL GALA APPLES	2.09
500G	CARROTS	0.95
800G	BROWN ONIONS	0.79
500G	WHITE WASHED POTATOES	1.15
1 HALF	GREEN CABBAGE	1.39
BUTCHERY		
300G	BEEF MINCE	3.00
BAKERY		
1 LOAF	WHITE TOAST BREAD	1.19
DAIRY & EGGS		
1L	UHT LONGLIFE MILK	1.99
FROZEN FOODS		
850G	FROZEN CHICKEN	4.99
BREAKFAST CEREALS		
750G	ROLLED OATS	2.49
CANNED & PREPARED FOODS		
2 x 400G CAN	DICED PLAIN TOMATOES	1.70
1 x 185G CAN	TUNA IN SPRING WATER	2.79
1 x 375G BAG	WHOLE RED LENTILS	1.99
PASTA, RICE & NOODLES		
1KG	LONG GRAIN WHITE RICE	1.79
TOTAL:		29.78

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