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QTY		Unit Cost	Size	Servings	Cost per Serving
	Dairy				
1	Tesco 15 Eggs	£1.25	15	15	£0.08
1	Tesco Lighter Mature Cheese 200g	£1.55	200g	5	£0.31
	Fruit and Veg				
1	Tesco Cherry Tomatoes	£0.80	330g	8	
4	Carrots	£0.24		4	£0.06
1	Redmere Farms Spinach 200G	£0.66	200g	4	£0.17
1	Rosedene Farms Small Sweet Apple 520G	£0.98	520g	6	£0.16
	Meat , Fish & Poultry				
1	Tesco Everyday Value Tuna Chunks in Brine, canned	£0.65	160g	2	£0.33
1	Tesco Chicken Breast Fillets (Frozen) 640G	£2.81	640g	4	£0.70
1	Eastman's Honey Roast Ham 10 Slices 125G	£1.20	125g	5	£0.24
	Bread, Cereals & Other Carbs				

1	Tinned New Potatoes	£0.35	400g	2	£0.18
1	Tesco Everyday Value Baked Beans in Tomato Sauce, canned	£0.25	400g	2	£0.13
1	Tesco Wholemeal Bread Loaf 800G	£1.10	800g	8	£0.14
1	Tesco Scottish Oats Porridge 500G	£0.70	500	12.5	£0.06
1	Tesco Everyday Value Spaghetti Hoops in Tomato Sauce, canned	£0.21	400g	2	£0.11
	Tinned & Packet Meals				
1	Tesco Everyday Value Tomato And Onion Pasta'n'sauce	£0.20	110g	1	£0.20
1	Tesco Everyday Value Chicken Curry with Vegetables (392g can)	£0.53	392	1	£0.53
1	Tesco Everyday Value Chilli Con Carne, canned (392g can)	£0.55	392g	1	£0.55
1	Tesco Everyday Value Spaghetti Bolognese	£0.38	400g	1	£0.38
	Dressing				
1	Tesco Healthy Living Caesar Dressing 250MI	£0.89	250ml	10	£0.09
	Total	£15.30			
	Total Per Meal	£0.73			