



Jemma's Nutritional Coaching Top 10 🛒 UK Grocery Prices Comparison



Category	Sub category	Measure	Rank	Product Name	Retailer with best offer	Price	Size - each, L, ML, G	Retailer offer	Loyalty	Airtime offer	Coupons on shopping	How to shop
Food	Dairy / Milk	ML	1	Fresh semi and whole Milk	Farmfoods	£2.50	4000	2 for £2.50/ 3 for £3	No	3%	£2 off £25/ £5 off £60	Instore
Food	Bread	GRAM	2	Own Label White bread	Tesco	£0.55	800	No	Clubcard	3%	No	Online & Instore
Food	Dairy / Milk	GRAM	3	Mature Cheddar Cheese	Morrisons	£3.39	625	No	More card	3%	No	Online & Instore
Food	Dairy / Milk	GRAM	4	British Salted Block Butter	Tesco/ Asda/ Morr	£1.99	250	Airtime & Loyalty	Clubcard/ Asda rewards/ Morr more	3%	No	Online & Instore
Food	Store cupboard	UNIT	5	Fresh eggs	Farmfoods	£1.99	15	No	No	No	£2 off £25/ £5 off £60	Instore
Food	Fresh Meat	GRAM	6	Unsmoked Back Bacon	Tesco/ Asda/ Morr	£1.45	300	Airtime & Loyalty	Clubcard/ Asda rewards/ Morr more	3%	No	Online & Instore
Food	Cooked meat	UNIT	7	Cooked sliced ham	Farmfoods	£0.99	180	No	No	3%	£2 off £25/ £5 off £60	Instore
Food	Tea & coffee	UNIT	8	Own Label tea bags	Lidl	£1.29	80	No	Lidl Plus	No	No	Instore
Food	Cereal	GRAM	9	Porridge Oats	Tesco/ Morrisons	£0.85	1000	No	Clubcard/ More card	3%	No	Online & Instore
Food	Nut butters	GRAM	10	Almond butter	Amazon	£13.75	1000	Money off intermittent	No	4%	No	Online

www.jemmasnutritioncoaching.com