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| **ALDI Meal Plan week of 7/29/18 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Roast chipotle chicken & potatoes, oranges |
| **Monday** | Creamy tomato hummus soup, Havarti grilled cheese, pickles, mixed berries |
| **Tuesday** | Leftover chicken quesadillas, salsa, southwest grain salad, watermelon |
| **Wednesday** | Tuna lettuce wraps, baby carrots, watermelon |
| **Thursday** | Southwest salsa turkey burgers, baked potatoes, salad |
| **Friday** | Slow cooker chipotle chicken chili, sourdough toast, oranges |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

8 oz brick Friendly Farms cream cheese, $1.29 (Mon, Tues)  
8 oz brick Happy Farms cheddar cheese, $1.99 (Tues, Thurs)  
8 oz Happy Farms Preferred Havarti slices, $1.99 (Mon)  
10 oz Little Salad Bar roasted red pepper hummus, $2.29 (Mon)

*Grocery*

Simply Selected sourdough square, $2.89 (Mon, Fri)  
L’Oven Fresh hamburger buns, $.85 (Thurs)  
Great Gherkins 24 oz Kosher pickle spears, $1.69 (Mon, Weds)  
Box of Earthly Grains Southwest grain salad, $1.69 (Tues)  
Specially Selected black bean & corn salsa, $1.99 (Tues, Thurs)  
Chef’s Cupboard bread crumbs, $.89 (Thurs)  
32 oz box Chef’s Cupboard chicken broth, $1.29 (Mon, Fri)  
Pueblo Lindo 10 ct soft taco flour tortillas, $.99 (Tues)  
Can Pueblo Lindo chipotles in adobo, $.99 (Sun, Fri)  
28 oz can crushed tomatoes, $1.19 (Mon)  
14.5 oz can fire roasted diced tomatoes, $.89 (Fri)

Can Dakota’s Pride Great Northern beans, $.69 (Fri)  
Can Dakota’s Pride kidney beans, $.69 (Fri)  
Can Happy Harvest corn, $.49 (Fri)

*Meat*

Six lb whole chicken, $4.74 (Sun, Tues)  
1.5 lbs boneless skinless chicken thighs, $3.73 (Fri)  
19.2 oz Fit & Active ground turkey, $3.49 (Thurs)  
2 cans Northern Catch sustainably caught 5 oz chunk light tuna, $1.98 (Weds)

*Produce*

Watermelon, $3.29 (Tues, Weds)  
3 lbs navel oranges, $2.79 (Sun, Fri)  
3 hearts romaine, $1.99 (Weds, Thurs)  
16 oz baby carrots, $.99 (Weds, Thurs)  
Pint blueberries, $1.29 (Mon)  
1 lb strawberries, $.99 (Mon)  
Bunch cilantro, $.99 (Tues)  
3 heads garlic, $1.49 (Sun, Mon, Fri)  
3 lbs yellow onions, $1.99 (Sun, Mon, Weds, Fri)  
5 lbs baking potatoes, $2.29 (Sun, Thurs)  
Celery, $1.29 (Weds, Thurs)  
24 oz tomatoes on the vine, $2.49 (Weds, Thurs)

**Total: $60.60**

*Note: The days(s) on the shopping list show which meal(s) an item will be used in – If you’re skipping a night; easily delete the items you don’t need to purchase.*