

|  |
| --- |
| **ALDI Meal Plan week of 5/30/21 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Ground turkey & zucchini pesto pasta skillet, garlic bread |
| **Monday** | Memorial Day BBQ: Grilled brats with peppers & onions, watermelon, cucumber salad |
| **Tuesday** | Cheesy summer corn soup, bagels, leftover pasta skillet |
| **Wednesday** | Broiled Parmesan pork chops & broccoli, watermelon |
| **Thursday** | Sheet pan pesto chicken drumsticks with green beans, leftover soup |
| **Friday** | Skillet pork chops with mushrooms & tomatoes, green beans |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 5/29):**

*Dairy & refrigerated*

6 oz Friendly Farms sour cream, $1.49 (Mon, Tues)
5 oz Emporium Selection shredded Parmesan, $1.99 (Sun, Weds)
8 oz block Happy Farms cheddar, $1.95 (Tues, Fri)

*Grocery*

L’Oven Fresh Parmesan Romano garlic bread, $1.99 (Sun)
L’Oven Fresh hot dog buns, $.85 (Mon)
L’Oven Fresh bagels, $1.49 (Tues)
32 oz Simply Nature organic vegetable broth, $1.89 (Tues)
Reggano 12 oz farfalle, $.99 (Sun)
6.7 oz Priano Genovese pesto, $2.29 (Sun, Thurs)
6 oz Happy Harvest tomato paste, $.49 (Tues)
1 can Dakota’s Pride cannellini beans, $.59 (Thurs)

*Meat*

19.2 oz Kirkwood 93% lean ground turkey, $3.99 (Sun)
2.5 lbs thin sliced boneless pork chops, $7.48 (Weds, Fri)
19 oz ALDI bratwurst, $3.49 (Mon)
2.5 lbs chicken drumsticks, $3.23 (Thurs)

*Produce*

3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Fri)
3 heads garlic, $1.29 (Sun, Mon, Tues, Thurs, Fri)
2 packs 8 oz white mushrooms, $3.78 (Sun, Fri)
1 lb broccoli crowns, $1.49 (Weds)
1 lb green beans, $1.49 (Thurs, Fri)
2 cucumbers, $1.18 (Mon)
3 pack multi-colored bell peppers, $2.89 (Mon, Tues)
20 oz zucchini, $1.19 (Sun)
1.5 lbs Roma tomatoes, $1.34 (Sun)
2 pints grape tomatoes, $3.78 (Thurs, Fri)
Whole watermelon, $3.99 (Mon, Weds)
4 pack sweet corn, $1.99 (Tues)

**Total: $60.90**

***Staple items you’ll need – AKA: Pantry seasonings & condiments used in this week’s recipes, but not in the shopping list:***

*Olive oil, Italian seasoning, crushed red pepper, salt, sugar, white vinegar, chili powder, smoked paprika, cumin, cayenne, black pepper, sea salt, garlic powder, seasoned salt, basil*

*\*\* Note: In many cases you can substitute for and/or omit some of these, depending on the recipe. Read through the recipes to see where you may need to re-stock your pantry staples.*