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| **ALDI Meal Plan week of 2/3/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Yogurt marinated chicken drumsticks, mashed red lentils, garlicky spinach |
| **Monday** | Slow cooker vegetarian chickpea lentil stew, rice, lemon roasted cauliflower |
| **Tuesday** | Easy beef enchilada pie, almost guac, salad |
| **Wednesday** | Gyros inspired pasta with Greek yogurt sauce, salad, baguette |
| **Thursday** | Hamburgers, potato chips, pineapple slices |
| **Friday** | Curried chicken skillet with cauliflower + rice, tomato cucumber salad |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 2/2)**

*Dairy & refrigerated*

32 oz Friendly Farms plain whole milk Greek yogurt, $3.69 (Sun, Tues, Weds, Fri)  
Happy Farms 12 oz shredded cheddar, $2.59 (Tues, Thurs)  
4 oz Happy Farms Preferred crumbled feta, $1.99 (Weds)

*Grocery*

Specially Selected French baguette, $1.49 (Weds)  
L’Oven Fresh hamburger buns, $.85 (Thurs)  
3 lbs Earthly Grains long grain white rice, $1.79 (Mon, Fri)  
Clancy’s potato chips, $1.79 (Thurs)  
SimplyNature Organic 32 oz vegetable broth, $1.89 (Mon)  
Chef’s Cupboard 32 oz chicken broth, $1.29 (Fri)  
12 oz Reggano farfalle (bowtie pasta), $.79 (Weds)  
El Milagro medium flour tortillas, $.95 (Tues)  
Can Happy Harvest corn, $.49 (Tues)  
28 oz can Happy Harvest crushed tomatoes, $1.19 (Mon)  
6 oz can Happy Harvest tomato paste, $.39 (Mon)  
2 cans Happy Harvest tomato sauce, $.58 (Tues)  
2 cans Dakota’s Pride chickpeas (garbanzo beans), $1.38 (Mon)  
1 can Dakota’s Pride black beans, $.69 (Tues)  
Pueblo Lindo mild chopped green chiles, $.65 (Tues)  
SimplyNature Organic 16 oz red split lentils, $2.29 (Sun, Mon)

*Meat*

3 lbs chicken drumsticks, $3.87 (Sun)  
1.5 lbs boneless skinless chicken breast, $3.44 (Fri)  
5 lbs 73% lean ground beef, $7.45 (Tues, Weds, Thurs)

*Produce*

Pineapple, $1.29 (Thurs)  
2 lbs lemons, $3.09 (Sun, Mon, Tues, Weds, Fri)  
Two bags 8 oz spinach, $2.38 (Sun, Mon)  
3 heads romaine, $1.99 (Tues, Weds)  
8 oz mushrooms, $1.69 (Mon)  
2 cucumbers, $.98 (Tues, Weds, Fri)  
Head of cauliflower, $2.29 (Mon, Fri)  
Bunch green onions, $.99 (Tues, Weds, Fri)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Fri)  
3 lbs yellow onions, $1.69 (Mon, Tues, Weds, Thurs, Fri)  
2 avocados, $.98 (Tues)  
8 Roma tomatoes, $.79 (Tues, Weds, Thurs, Fri)

**Total: $60.88**

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