

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 7/21/19 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Slow cooker salsa chicken, watermelon |
| **Monday** | Cheesy chicken + spinach skillet, bell pepper saute |
| **Tuesday** | Loaded baked chicken nachos, watermelon |
| **Wednesday** | Chopped tomato mozzarella salad with chicken sausage & avocado, sourdough toast, cantaloupe |
| **Thursday** | Southwest salsa turkey burgers, salad, tortilla chips |
| **Friday** | Creamy tomato hummus soup, grilled cheese |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 7/20)**

*Dairy & refrigerated*

8 oz Happy Farms cream cheese, $1.29 (Mon, Fri)  
16 oz Happy Farms shredded cheddar, $3.29 (Sun, Tues, Thurs, Fri)  
8 oz block Happy Farms mozzarella, $1.99 (Mon, Fri)  
8 oz ball Priano fresh mozzarella, $2.39 (Weds)  
10 oz Little Salad Bar classic roasted red pepper hummus, $2.29 (Fri)

*Grocery*

Specially Selected sourdough loaf, $2.89 (Weds, Fri)  
L’Oven Fresh hamburger buns, $.85 (Thurs)  
24 oz Casa Mamita salsa, $1.89 (Sun, Thurs)  
32 oz box SimplyNature organic vegetable broth, $1.89 (Fri)  
13 oz Clancy’s restaurant style tortilla chips, $1.69 (Tues, Thurs)  
Chef’s Cupboard bread crumbs, $.89 (Thurs)  
12 pack El Milagro medium flour tortillas, $.95 (Sun)  
1 can Happy Harvest corn, $.49 (Tues)  
2 cans Dakota’s Pride black beans, $1.38 (Sun, Tues)  
28 oz can Happy Harvest crushed tomatoes, $1.19 (Fri)  
Can Casa Mamita refried beans, $.85 (Tues)  
Packet Casa Mamita taco seasoning, $.29 (Sun)

*Meat*

4.5 lbs boneless skinless chicken breast, $7.61 (Sun, Mon, Tues)  
19.2 oz ground turkey, $3.49 (Thurs)  
12 oz Never Any chicken apple sausage, $2.99 (Weds)

*Produce*

Whole seedless watermelon, $3.29 (Sun, Tues)  
Cantaloupe, $1.39 (Weds)  
8 oz bag spinach, $1.39 (Mon)  
3 hearts of romaine, $2.29 (Weds, Thurs)  
3 lb yellow onions, $1.69 (Sun, Mon, Thurs, Fri)  
3 heads garlic, $.99 (Mon, Tues, Fri)  
3 pack multicolored bell peppers, $3.29 (Mon, Tues)  
2 Roma tomatoes, $.40 (Tues)  
Pint grape tomatoes, $1.69 (Weds)  
4 avocados, $3.96 (Sun, Tues, Weds)

**Total: $60.97**

*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.*