

|  |
| --- |
| **ALDI Meal Plan week of 8/11/19 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Slow cooker honey chipotle BBQ chicken sandwiches, tortilla chips & salsa, strawberries |
| **Monday** | Black bean, tomato, & spinach frittata, grapes |
| **Tuesday** | Veggie burrito bowls with pan roasted corn, grapes |
| **Wednesday** | Cheesy sausage, rice, & spinach skillet, salad |
| **Thursday** | Easy chipotle taco soup, tortilla chips |
| **Friday** | Korean style ground beef & spinach bowls, soy honey glazed baby carrots |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 8/10)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.77 (Mon, Fri)
Friendly Farms sour cream, $1.49 (Mon, Tues, Thurs)
8 oz block Happy Farms cheddar, $1.99 (Sun, Mon)
12 oz Happy Farms shredded cheddar, $2.99 (Tues, Weds, Thurs)

*Grocery*

L’Oven Fresh hamburger buns, $.99 (Sun)
Burman’s BBQ sauce, $.95 (Sun)
32 oz SimplyNature organic vegetable broth, $1.89 (Tues, Weds)
32 oz Chef’s Cupboard beef broth, $1.39 (Thurs)
3 lbs Earthly Grains long grain white rice, $1.99 (Tues, Weds, Fri)
Casa Mamita organic chipotle-lime salsa, $2.29 (Sun, Tues)
Clancy’s restaurant style tortilla chips, $1.69 (Sun, Thurs)
2 cans Happy Farms corn, $.98 (Tues, Thurs)
4 cans Dakota’s Pride black beans, $2.76 (Mon, Tues, Thurs)
8 oz can Happy Farms tomato sauce, $.29 (Thurs)
Pueblo Lindo chipotles in adobo, $.99 (Sun, Mon, Thurs)
10 oz can Casa Mamita diced tomatoes with green chilies, $.65 Thurs)

*Meat*

3 lbs boneless skinless chicken thighs, $5.07 (Sun)
12 oz SimplyNature spinach feta chicken sausage, $2.99 (Weds)
2 lbs 80/20 ground beef, $6.58 (Thurs, Fri)

*Produce*

2 lbs green grapes, $1.78 (Mon, Tues)
1 lb strawberries, $1.19 (Sun)
16 oz baby carrots, $.99 (Fri)
Bunch green onions, $.79 (Tues, Thurs, Fri)
5 oz SimplyNature organic baby spinach, $2.69 (Fri)
2 bags 8 oz fresh spinach, $2.78 (Mon, Weds)
Bag of garden salad, $1.19 (Weds)
3 lbs yellow onions, $2.29 (Mon, Tues, Weds, Thurs,
3 heads garlic, $.99 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 pack multi-colored bell peppers, $3.29 (Tues, Thurs)
Pint grape tomatoes, $1.69 (Mon)
2 avocados, $2.38 (Tues)

**Total: $60.79**

*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.*