

|  |
| --- |
| **ALDI Meal Plan week of 12/8/19 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Paprika roasted chicken + potatoes, garlic Parmesan roasted broccoli |
| **Monday** | Creamy tomato hummus soup, oranges, Parmesan potato wedges |
| **Tuesday** | Baked chicken avocado taquitos, honeycrisp apple slices, tortilla chips, black beans |
| **Wednesday** | Italian chicken thighs w/ zucchini + red potatoes, honeycrisp apple slices |
| **Thursday** | Fajita-inspired sheet pan chicken thighs + peppers, pineapple |
| **Friday** | Shrimp taco salad, oranges |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 12/7)**

Dairy & refrigerated

Happy Farms cream cheese, $1.29 (Mon, Tues)
8 oz block Happy Farms cheddar, $1.99 (Tues, Fri)
Priano shredded Parmesan, $1.99 (Sun, Mon, Weds)
10 oz Park Street Deli roasted red pepper hummus, $2.49 (Mon)

Grocery

Clancy’s restaurant style tortilla chips, $1.69 (Tues, Fri)
32 oz SimplyNature organic vegetable broth, $1.49 (Mon)
El Milagro flour tortillas, $.95 (Tues)
28 oz can Happy Harvest crushed tomatoes, $1.19 (Mon)
14.5 oz can Happy Harvest diced tomatoes, $.69 (Weds)
2 cans Dakota’s Pride black beans, $1.38 (Tues, Fri)
2 cans Pueblo Lindo chopped green chiles, $1.50 (Tues)
Casa Mamita diced tomatoes with green chilies, $.65 (Weds)

Meat

5 lb whole chicken, $4.75 (Sun, Tues)
6 lbs bone-in chicken thighs, $4.74 (Weds, Thurs)
12 oz Fremont Fish Market medium raw peeled shrimp, $5.99 (Fri)

Produce

Pineapple, $1.29 (Thurs)
4 lb navel oranges, $1.99 (Mon, Fri)
1 lb limes, $2.49 (Tues, Fri)
Bunch cilantro, $.79 (Tues, Thurs, Fri)
16 oz broccoli crowns, $1.69 (Sun)
12 oz garden salad, $1.19 (Fri)
3 lbs yellow onions, $1.19 (Sun, Mon, Tues, Thurs Fri)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Fri)
20 oz zucchini, $2.11 (Weds)
3 pack multi-colored bell peppers, $2.99 (Thurs)
5 lb bag red potatoes, $3.49 (Sun, Mon, Weds)
2 avocados, $1.98 (Tues, Fri)
Pint grape tomatoes, $1.89 (Fri)

**Total: $59.45**

*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.*