

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 1/12/20 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Turkey taco stuffed sweet potatoes, pineapple, tortilla chips |
| **Monday** | Egg roll in a noodle bowl, grapes |
| **Tuesday** | Ground turkey stir fry with cauliflower rice, grapes |
| **Wednesday** | Vegetarian 3 bean + lentil chili, tortilla chips |
| **Thursday** | Chicken, avocado, & mozzarella chopped salad, leftover chili |
| **Friday** | Slow cooker lentil + smoked sausage soup, chopped salad |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 1/11)**

*Dairy & refrigerated*

8 oz block Happy Farms cheddar, $1.99 (Sun, Weds)  
8 oz Emporium Selection fresh mozzarella ball, $2.49 (Thurs)

*Frozen*

12 oz bag Season’s Choice riced cauliflower, $1.69 (Tues)

*Grocery*

Fusia soy sauce, $1.59 (Mon, Tues)  
32 oz box of SimplyNature organic vegetable broth, $1.89 (Weds)  
32 oz box of Chef’s Cupboard chicken broth, $1.29 (Fri)  
Clancy’s restaurant style tortilla chips, $1.69 (Sun, Weds)  
7 oz SimplyNature organic black soybean spaghetti, $2.49 (Mon)  
1 can Happy Harvest corn, $.49 (Weds)  
8 oz can Happy Harvest tomato sauce, $.29 (Sun)  
6 oz can Happy Harvest tomato paste, $.39 (Weds)  
1 can Happy Harvest fire roasted diced tomatoes, $.89 (Weds)  
2 cans Happy Harvest black beans, $1.38 (Sun, Weds)  
1 can Happy Harvest kidney beans, $.69 (Weds)  
1 can Happy Harvest Great Northern beans, $.69 (Weds)  
16 oz SimplyNature organic green lentils, $2.29 (Weds, Fri)

*Meat*

3 lb 90/10 Jennie-O ground turkey, $6.49 (Sun, Mon, Tues)  
14 oz Parkview Polska kielbasa, $2.49 (Fri)  
1 lb boneless skinless chicken breast, $2.29 (Thurs)

*Produce*

Pineapple, $1.29 (Sun)  
2 lbs red grapes, $2.58 (Mon, Tues)  
Bunch green onions, $.69 (Mon, Tues, Thurs)  
2 lbs carrots, $1.49 (Mon, Fri)  
1 cucumber, $.49 (Thurs)  
8 oz mushrooms, $1.89 (Tues)  
16 oz broccoli crowns, $1.69 (Tues, Fri)  
3 hearts of romaine, $2.49 (Thurs, Fri)  
8 oz bag of spinach, $1.39 (Fri)  
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Weds, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Fri)  
4 sweet potatoes, $2.40 (Sun)  
Head of cabbage, $1.99 (Mon, Fri)  
Celery, $1.29 (Fri)  
3 pack multi-colored bell peppers, $3.29 (Tues, Weds, Thurs)  
2 Roma tomatoes, $.40 (Thurs)  
2 avocados, $.98 (Sun, Thurs)

**Total: $60.83**

*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.*