

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 5/17/20 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Easy cheesy vegetarian pasta skillet, sourdough garlic bread |
| **Monday** | Chipotle turkey chili, tortilla chips, mangoes |
| **Tuesday** | Sausage, peppers, & onions naan pizza, side salad |
| **Wednesday** | Sheet pan smoky Parmesan chicken tenders & veggies, cups of leftover chili |
| **Thursday** | Crunchy tortilla chicken fingers, broccoli, pineapple |
| **Friday** | Summer squash & tomato frittata, sourdough toast, sliced tomato & cucumber |
| **Saturday** | Leftovers – pizza night – or carryout |

*Dairy & refrigerated*

Dozen Goldhen eggs, $1.48 (Thurs, Fri)  
Friendly Farms sour cream, $1.49 (Mon, Thurs, Fri)  
2 blocks 8 oz Happy Farms mozzarella, $3.30 (Sun, Tues, Fri)  
Emporium Selection 15 oz whole milk ricotta, $1.59 (Sun)  
Priano shredded Parmesan, $1.99 (Weds, Thurs, Fri)

*Grocery*

Specially Selected sourdough round, $2.99 (Sun, Fri)  
Specially Selected naan, $3.99 (Tues)  
12 oz Tuscan Garden marinated artichoke quarters, $2.89 (Sun, Tues)  
Clancy’s restaurant style 13 oz tortilla chips, $1.69 (Mon, Thurs)  
12 oz Reggano farfalle (bowtie pasta), $.99 (Sun)  
24 oz jar Reggano simply marinara, $1.49 (Sun)  
2 cans Happy Harvest fire roasted diced tomatoes, $1.78 (Mon)  
Can Dakota’s Pride black beans, $.48 (Mon)  
Can Dakota’s Pride kidney beans, $.49 (Mon)  
Pueblo Lindo chipotles in adobo, $.99 (Mon, Thurs, Fri)

*Meat*

Kirkwood 19.2 oz fresh ground turkey, $3.99 (Mon, Weds)  
Parkview Polska kielbasa, $2.35 (Tues)  
3.5 lbs chicken tenderloins, $6.97 (Weds, Thurs)

*Produce*

Pineapple, $1.19 (Thurs)  
2 mangoes, $.98 (Mon)  
Bunch green onions, $.69 (Mon, Tues,   
8 oz mushrooms, $.89 (Sun)  
Cucumber, $.59 (Tues, Fri)  
16 oz broccoli crowns, $1.69 (Weds, Thurs)  
8 oz bag of spinach, $1.39 (Sun)  
Little Salad Bar garden salad, $1.19 (Tues)  
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Weds, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Fri)  
3 pack multi-colored bell peppers, $2.29 (Sun, Tues, Weds)  
2 lbs zucchini, $2.98 (Weds, Fri)  
24 oz package tomatoes on the vine, $1.79 (Tues, Fri)

**Total: $60.72**

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