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| **ALDI Meal Plan week of 6/21/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Broccoli cheddar soup with sausage, side salad |
| **Monday** | Simple summer salad w/ chicken & blueberries, grapes |
| **Tuesday** | Greek yogurt lemon linguine with asparagus & mushrooms, the rest of the grapes and blueberries |
| **Wednesday** | Sheet pan lemon garlic chicken with potatoes & carrots, salad |
| **Thursday** | Ground beef gyros, cucumber slices |
| **Friday** | Yogurt marinated chicken drumsticks, sauted spinach |
| **Saturday** | Leftovers – pizza night – or carryout |

***Shopping list (through 6/20):***

*Dairy & refrigerated*

1/2 gallon Friendly Farms whole milk, $.79 (Sun)  
32 oz Friendly Farms plain whole milk Greek yogurt, $3.59 (Tues, Thurs, Fri)  
8 oz Happy Farms block cheddar, $1.65 (Sun)  
Priano shredded Parmesan, $1.99 (Tues, Weds)  
4 oz Emporium Selection feta crumbles, $1.99 (Mon, Thurs)

*Grocery*

Specially Selected naan, $3.99 (Thurs)  
6 oz Southern Grove pepitas, $2.49 (Sun, Mon)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Sun)  
Simply Nature organic linguine, $1.19 (Tues)

*Meat*

Parkview 14 oz Polska kielbasa, $2.35 (Sun)  
2.5 lbs boneless skinless chicken breast, $6.23 (Mon, Weds)

1 lb 80/20 ground beef, $3.99 (Thurs)  
3.5 lbs chicken drumsticks, $3.12 (Fri)

*Produce*

2 lb bag of lemons, $2.89 (Mon, Tues, Weds, Thurs, Fri)  
Pint blueberries, $1.69 (Mon, Tues)  
2 lbs green grapes, $1.58 (Mon, Tues)  
16 oz Simply Nature organic spring mix salad, $3.49 (Sun, Mon, Weds)  
8 oz spinach, $.99 (Fri)  
Bunch green onions, $.69 (Sun, Mon, Thurs)  
16 oz broccoli crowns, $1.49 (Sun)  
1 cucumber, $.49 (Thurs)  
16 oz asparagus, $1.79 (Tues)  
8 oz mushrooms, $1.89 (Tues)  
2 lbs carrots, $1.29 (Sun, Weds)  
3 lbs yellow onions, $1.69 (Sun, Weds, Thurs)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Thurs, Fri)  
24 oz Dynamic Duo little potatoes, $2.89 (Weds)  
2 Roma tomatoes, $.50 (Thurs)  
2 avocados, $1.78 (Mon)

**Total: $60.99**

*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.*