

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 6/28/20 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Simple roast chicken & vegetables |
| **Monday** | Easy leftover chicken soup, side salad |
| **Tuesday** | Mushroom, black bean, & spinach burritos, cups of leftover soup, grapes |
| **Wednesday** | Slow cooker Italian pulled chicken sandwiches, skillet potatoes, grapes |
| **Thursday** | Chicken sausage dinner salad with avocado pepperoncini dressing, leftover sandwiches, watermelon |
| **Friday** | Leftovers – pizza night – or carryout |
| **Saturday** | Turkey burgers, potato chips, watermelon – for the 4th! |

***Shopping list (through 6/27):***

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Mon, Weds, Thurs)  
8 oz block Happy Farms sharp cheddar, $1.65 (Tues, Sat)  
8 oz block Happy Farms mozzarella, $1.65 (Weds)

*Grocery*

6 pack Turano French rolls, $2.99 (Weds, Thurs)  
L’Oven Fresh hamburger buns, $.75 (Sat)  
16 oz jar Tuscan Garden pepperoncini, $1.65 (Weds, Thurs)  
Casa Mamita organic chipotle lime salsa, $1.99 (Tues, Sat)  
Clancy’s potato chips, $1.39 (Sat)  
32 oz box of chicken broth, $1.29 (Mon)  
12 ct El Milagro flour tortillas, $.98 (Tues)  
Can Dakota’s Pride black beans, $.48 (Tues)  
Can Dakota’s Pride garbanzo beans (chickpeas), $.49 (Thurs)  
8 oz can Happy Harvest tomato sauce, $.29 (Weds)  
14.5 oz can Happy Harvest diced tomatoes, $.59 (Weds)

*Meat*

5 lb whole chicken, $4.75 (Sun, Mon)  
2 lbs boneless skinless chicken breast, $4.98 (Weds)  
12 oz Never Any chicken apple sausage, $3.19 (Thurs)  
48 oz Kirkwood turkey burgers (frozen), $5.99 (Sat)

*Produce*

2 lbs red grapes, $1.38 (Tues, Weds)  
Whole seedless watermelon, $2.89 (Thurs, Sat)  
2 lbs carrots, $1.29 (Sun, Mon)  
8 oz mushrooms, $1.79 (Sun)  
2 packs 8 oz baby bella mushrooms, $3.78 (Tues)  
Cucumber, $.49 (Thurs)  
3 hearts of romaine, $2.19 (Mon, Thurs)  
8 oz bag of spinach, $.99 (Tues, Sat)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds)  
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Thurs, Sat)  
5 lbs red potatoes, $2.99 (Sun, Weds)  
Celery, $1.29 (Mon)  
1 avocado, $.99 (Thurs)  
4 Roma tomatoes, $.80 (Thurs)

**Total: $60.94**

*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.*