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| **ALDI Meal Plan week of 7/26/20 – Find the recipes at MashupMom.com** |
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| **Sunday** | Roasted chile-lime chicken & potatoes, carrots need butter & thyme |
| **Monday** | Slow cooker garlic lime chicken, baked potatoes |
| **Tuesday** | Shrimp taco salad, nectarines |
| **Wednesday** | Veggie fajitas, garlicky black beans |
| **Thursday** | Easy beef, tomato, & spinach tortellini, Italian bread |
| **Friday** | Chipotle taco soup, nectarines |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 7/25):**

*Dairy & refrigerated*

8 oz block Happy Farms cheddar, $1.65 (Tues, Weds, Fri)
9 oz Priano three cheese tortellini, $1.99 (Thurs)
Priano shredded Parmesan, $1.99 (Thurs)

*Grocery*

Specially Selected Italian loaf, $1.99 (Thurs)
32 oz Chef’s Cupboard beef broth, $1.29 (Fri)
Tuscan Garden tri-colored tortilla strips, $1.29 (Tues, Fri)
12 pack El Milagro medium flour tortillas, $.98 (Weds)
Can of Happy Harvest corn, $.49 (Fri)
4 cans Dakota’s Pride black beans, $1.92 (Tues, Weds, Fri)
8 oz can Happy Harvest tomato sauce, $.29 (Fri)
Casa Mamita diced tomatoes with green chilies, $.69 (Fri)
Pueblo Lindo chipotles in adobo, $.99 (Fri)

*Meat*

6 lbs bone-in chicken breast, $5.94 (Sun, Mon)
12 oz Fremont Fish Market medium peeled shrimp (frozen), $5.49 (Tues)
2 lbs 80/20 ground beef, $6.98 (Thurs, Fri)

*Produce*

2 lbs nectarines, $1.78 (Tues, Fri)
2 lbs limes, $1.89 (Sun, Mon, Tues, Weds)
Bunch green onions, $.79 (Tues, Weds, Fri)
16 oz baby carrots, $.89 (Sun)
8 oz mushrooms, $1.89 (Weds)
12 oz garden salad, $1.19 (Tues)
8 oz spinach, $1.39 (Tues, Thurs)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Fri)
3 lbs yellow onions, $1.89 (Tues, Weds, Thurs, Fri
5 lbs baking potatoes, $2.99 (Sun, Mon)
8 oz jalapeños, $.69 (Sun, Weds)
3 pack multi-colored bell peppers, $2.99 (Weds, Fri)
Pint grape tomatoes, $1.89 (Tues)
7 Roma tomatoes, $1.75 (Weds, Thurs)
3 avocados, $2.67 (Tues, Weds)

**Total: $59.95**

***New! Staple items you’ll need – AKA: Pantry spices & condiments used in this week’s recipes.***

*Olive oil, Kosher salt, black pepper, chili powder, smoked paprika, crushed red pepper, basil, oregano, ginger, thyme, seasoned salt, butter, soy sauce, honey, sesame oil (optional), hot sauce, red or white wine vinegar, cumin, sea salt*

*Note: In many cases you can substitute for and/or omit some of these, depending on the recipe. Read through the recipes to see where you may need to re-stock your pantry staples.*