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| **ALDI Meal Plan week of 9/20 – Find the recipes at MashupMom.com** |
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| **Sunday** | Egg roll in a noodle bowl, grapes, strawberries |
| **Monday** | Southwest quinoa unstuffed peppers, grapes |
| **Tuesday** | Slow cooker salsa chicken over baked potatoes, garlicky black beans |
| **Wednesday** | Slow cooker quinoa chicken chili, easy garlic cabbage & carrots |
| **Thursday** | Roasted chile-lime chicken & potatoes, simple sheet pan green beans |
| **Friday** | Slow cooker garlic-lime chicken, creamy Parmesan garlic quinoa |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 9/19):**

*Dairy & refrigerated*

12 oz Happy Farms Mexican shredded cheese, $2.19 (Mon, Tues, Weds)
Priano shredded Parmesan, $1.99 (Thurs, Fri)

*Grocery*

16 oz Simply Nature organic quinoa, $2.85 (Mon, Weds, Fri)
16 oz Specially Selected salsa of choice, $1.99 (Tues)
32 oz box Simply Nature organic vegetable broth, $1.89 (Mon, Weds)
32 oz Chef’s Cupboard chicken broth, $1.29 (Fri)
7 oz Simply Nature black soybean spaghetti, $2.49 (Sun)
2 cans Happy Harvest corn, $.98 (Mon, Weds)
3 cans Happy Harvest fire roasted diced tomatoes, $2.67 (Mon, Weds)
4 cans Dakota’s Pride black beans, $1.92 (Mon, Tues, Weds)
1 can Dakota’s Pride kidney beans, $.49 (Weds)
1 can Pueblo Lindo chopped green chiles, $.69 (Mon)
1 can Casa Mamita diced tomatoes with green chilies, $.69 (Weds)
Casa Mamita taco seasoning, $.39 (Tues)

*Meat*

19.2 oz Kirkwood 93% lean ground turkey, $2.99 (Sun)
3 lbs boneless skinless chicken breast, $7.47 (Tues, Weds)
5 lbs split chicken breast, $5.45 (Thurs, Fri)

*Produce*

2 lbs green grapes, $1.98 (Sun, Mon)
16 oz limes, $1.49 (Mon, Tues, Thurs, Fri)
1 lb strawberries, $1.49 (Sun)
Bunch green onions, $.79 (Sun, Mon, Weds)
2 lbs carrots, $1.29 (Sun, Weds)
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $1.89 (Sun, Mon, Weds)
5 lbs baking potatoes, $3.49 (Tues, Thurs)
8 oz jalapeños, $.69 (Weds, Thurs)
1 head cabbage, $1.99 (Sun, Weds)
16 oz green beans, $1.69 (Thurs)
3 pack multi-colored bell peppers, $2.89 (Mon, Weds)
2 avocados, $1.38 (Mon, Tues)

**Total: $60.68**

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

*Olive oil, butter, sesame oil, soy sauce, honey, ground ginger, turmeric, crushed red pepper, black pepper, cumin, smoked paprika, chili powder, sea salt, cayenne, Kosher salt, thyme, garlic powder, crushed red pepper*

*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.*