

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 1/3/21 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Slow cooker quinoa chicken chili, baguette |
| **Monday** | Cilantro-lime chicken, cilantro-lime quinoa, leftover chili |
| **Tuesday** | Shrimp taco salad, mandarins |
| **Wednesday** | Southwest quinoa unstuffed peppers, mandarins |
| **Thursday** | Creamy avocado pasta with chicken, spring mix salad topped w/ leftover unstuffed peppers |
| **Friday** | Slow cooker salsa chicken tacos, grapes |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 1/2):**

*Dairy & refrigerated*

8 oz block Happy Farms cheddar, $1.89 (Tues, Weds, Fri)  
Friendly Farms sour cream, $1.49 (Sun, Thurs, Fri)

*Grocery*

Specially Selected French baguette, $1.49 (Sun)  
12 oz box Reggano rotini, $.99 (Thurs)  
Tuscan Garden tri-color tortilla strips, $1.29 (Sun, Tues)  
16 oz Earthly Grains white quinoa, $2.59 (Sun, Mon, Weds)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Sun, Weds)  
3 cans Happy Harvest fire roasted diced tomatoes, $2.67 (Sun, Weds)  
El Milagro flour tortillas, $.98 (Fri)  
Specially Selected 16 oz salsa verde, $1.99 (Fri)  
2 cans Casa Mamita diced tomatoes with green chilies, $1.38 (Sun, Thurs)  
Pueblo Lindo chopped mild green chiles, $.69 (Weds)  
Packet Casa Mamita taco seasoning mix, $.39 (Fri)  
2 cans Happy Harvest whole kernel corn, $.98 (Sun, Weds)  
4 cans Dakota’s Pride black beans, $1.94 (Sun, Tues, Weds, Fri)  
1 can Dakota’s Pride kidney beans, $.49 (Sun)

*Meat*

3 lbs boneless skinless chicken breast, $6.87 (Sun, Mon)  
3 lbs boneless skinless chicken thighs, $5.07 (Thurs, Fri)  
12 oz Fremont Fish Market medium raw shrimp, $4.99 (Tues)

*Produce*

1 lb green grapes, $1.39 (Fri)  
3 lbs mandarins, $2.89 (Tues, Weds)  
16 oz bag of limes, $1.49 (Mon, Tues, Thurs)  
Bunch green onions, $.79 (Sun, Tues, Thurs, Fri)  
Bunch cilantro, $.69 (Mon)  
16 oz organic spring mix, $3.49 (Tues, Thurs, Fri)  
3 heads garlic, $1.29 (Sun, Tues, Weds, Thurs)  
3 lbs yellow onions, $1.89 (Sun, Tues, Weds, Thurs)  
3 pack multicolored bell peppers, $2.99 (Sun, Weds)  
Pint grape tomatoes, $1.89 (Tues)  
4 avocados, $2.76 (Tues, Weds, Thurs)

**Total: $60.93**

***Staple items you’ll need – AKA: Pantry spices & condiments used in this week’s recipes, but not in the shopping list:***

*Chili powder, cumin, cayenne, smoked paprika, sea salt, salt, black pepper, olive oil, hot sauce, red or white wine vinegar, honey*

*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.*