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| **ALDI Meal Plan week of 1/17/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | Slow cooker chicken soup, salad, grapes |
| **Monday** | Chicken fried rice, egg drop soup |
| **Tuesday** | Chicken thigh stir fry w/ asparagus, ground beef & broccoli stir fry, rice |
| **Wednesday** | Easy cheesy beautiful pasta skillet, salad |
| **Thursday** | Chicken burrito bowls, sauteed spinach |
| **Friday** | Smoked salmon, avocado, & ricotta frittata, peas, pineapple, grapes |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 1/16):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.01 (Mon, Fri)
Emporium Selection 15 oz whole milk ricotta, $1.89 (Weds, Fri)
Happy Farms 8 oz block mozzarella, $1.85 (Weds, Fri)
Happy Farms 8 oz block cheddar, $1.85 (Thurs)

*Frozen*

Season’s Choice 16 oz peas, $.95 (Mon, Fri)

*Grocery*

3 lbs Earthly Grains long grain white rice, $2.19 (Mon, Tues, Thurs)
Fusia soy sauce, $1.65 (Mon, Tues)
8 oz Stonemill minced garlic in water, $1.99 (Sun, Mon, Tues, Weds, Thurs, Fri)
48 oz Simply Nature organic chicken broth, $2.19 (Mon, Thurs)
12 oz Reggano farfalle, $.99 (Weds)
24 oz Reggano Simply marinara, $1.49 (Weds)
1 can Dakota’s Pride black beans, $.59 (Thurs)
16 oz Casa Mamita restaurant style salsa, $1.89 (Thurs)

*Meat*

Specially Selected cold smoked salmon 3 oz, $3.99 (Fri)
5 lb whole chicken, $4.75 (Sun, Mon)
2.75 lbs boneless skinless chicken thighs, $4.65 (Tues, Thurs)
2 lbs 80/20 ground beef, $5.78 (Tues, Weds)

*Produce*

2 lbs red grapes, $2.58 (Sun, Fri)
Whole pineapple, $1.49 (Fri)
Bunch green onions, $.79 (Mon, Tues, Fri)
2 lbs carrots, $1.29 (Sun, Mon, Weds)
3 hearts of romaine, $2.45 (Sun, Weds)
1 cucumber, $.59 (Sun, Weds)
1.5 lbs broccoli, $2.24 (Mon, Tues)
1 lb asparagus, $2.89 (Tues)
8 oz bag of spinach, $1.35 (Thurs)
3 lbs yellow onions, $1.89 (Sun, Mon, Weds, Thurs, Fri)
Celery, $1.25 (Sun, Mon, Weds)
2 Roma tomatoes, $.50 (Sun)
3 avocados, $1.77 (Thurs, Fri)

**Total: $60.78**

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

*Canola oil, sesame oil, olive oil, crushed red pepper, ground ginger, thyme, parsley, turmeric, cayenne, sea salt, salt, black pepper, bay leaf, brown sugar, corn starch, oregano, chili powder, cumin, Kosher 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.*