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| **ALDI Meal Plan week of 1/24/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Roast chicken & vegetables, mangoes & blueberries |
| **Monday** | Salsa verde chicken soup, tortilla chips, chopped salad |
| **Tuesday** | Low carb taco casserole, grapes, tortilla chips |
| **Wednesday** | Egg roll in a noodle bowl, grapes |
| **Thursday** | Kielbasa cabbage potato skillet, broccoli with Parmesan |
| **Friday** | Sheet pan cheddar Parmesan pork chops & green beans, roasted potatoes |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 1/23):**

*Dairy & refrigerated*

2 blocks 8 oz Happy Farms sharp cheddar, $3.78 (Mon, Tues, Fri)  
Friendly Farms 16 oz sour cream, $1.49 (Mon, Tues)  
Emporium Selection 5 oz shredded Parmesan, $1.99 (Thurs, Fri)

*Grocery*

16 oz Specially Selected salsa verde, $1.95 (Mon)  
Clancy’s restaurant style tortilla chips, $1.35 (Mon, Tues)  
2 cans Dakota’s Pride Great Northern beans, $1.18 (Mon)  
32 oz Simply Nature organic chicken broth, $1.89 (Mon)  
Simply Nature organic black soybean spaghetti, $1.99 (Weds)

*Meat*

6 lb whole roasting chicken, $4.74 (Sun, Mon)  
2 lbs 80/20 ground beef, $5.78 (Tues, Weds)  
Parkview Polska kielbasa, $2.49 (Thurs)  
2 lbs thick cut boneless pork chops, $5.98 (Fri)

*Produce*

2 mangoes, $1.38 (Sun)  
Pint blueberries, $1.49 (Sun)  
2 lbs green grapes, $2.78 (Tues, Weds)  
2 lbs carrots, $1.29 (Sun, Mon, Weds)  
8 oz white mushrooms, $1.89 (Sun)  
Bunch green onions, $.79 (Mon, Tues, Weds)  
Little Salad Bar Southwest chopped salad kit, $1.99 (Mon)  
1 head cauliflower, $2.39 (Tues)  
1 lb broccoli crowns, $1.49 (Thurs)  
16 oz green beans, $1.89 (Fri)  
3 lbs yellow onions, $2.29 (Sun, Mon, Weds, Thurs)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
5 lbs baking potatoes, $2.79 (Sun, Thurs, Fri)  
1 medium head of cabbage, $1.58 (Weds, Thurs)

**Total: $59.94**

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

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

*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.*