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| **ALDI Meal Plan week of 1/30/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Tuscan style chicken & white bean soup, bagels |
| **Monday** | Sheet pan lemon garlic chicken with potatoes & carrots |
| **Tuesday** | Easy beef, tomato, & spinach tortellini, leftover soup |
| **Wednesday** | Sneaky ground beef & mushroom tacos, southwest roasted potatoes |
| **Thursday** | Lemony pork chops, tomatoes, & potatoes |
| **Friday** | Vegetarian lemon chickpea wraps, side salad |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 1/30):**

*Dairy & refrigerated*

5 oz Priano shredded Parmesan, $1.99 (Sun, Mon, Tues)  
8 oz block cheddar, $1.89 (Weds, Fri)  
9 oz Priano 3 cheese tortellini, $1.99 (Tues)

*Grocery*

L’Oven Fresh bagels, $1.49 (Sun)  
L’Oven Fresh spinach wraps, $2.49 (Fri)  
Stonemill 8 oz minced garlic in water, $1.99 (Sun, Mon, Tues, Weds, Thurs, Fri)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Sun)  
Casa Mamita taco shells, $1.09 (Weds)  
8 oz can Happy Harvest tomato sauce, $.29 (Weds)  
2 cans Dakota’s Pride Cannellini beans, $.98 (Sun)  
2 cans Dakota’s Pride chickpeas (garbanzo beans), $.98 (Fri)

*Meat*

2.5 lbs chicken tenderloin, $4.98 (Sun, Mon)

2 lbs 80/20 ground beef, $5.78 (Tues, Weds)  
2 lbs center cut boneless pork chops, $6.98 (Thurs)

*Produce*

2 lbs lemons, $3.49 (Sun, Mon, Thurs, Fri)  
3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Weds, Thurs, Fri)  
5 lbs red potatoes, $3.29 (Mon, Weds, Thurs)  
2 lbs carrots, $1.49 (Sun, Mon, Fri)  
8 oz fresh spinach, $1.35 (Sun, Tues)  
5 oz Simply Nature organic mixed greens, $2.79 (Fri)  
Graden salad, $1.39 (Fri)  
Bunch cilantro, $.79 (Weds)  
16 oz baby bella mushrooms, $1.98 (Weds)  
Celery, $1.35 (Sun, Fri)  
2 pints grape tomatoes, $3.78 (Thurs, Fri)  
5 Roma tomatoes, $.99 (Tues)  
3 avocados, $1.77 (Weds, Fri)

**Total: $60.56**

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

*Olive oil, butter, thyme, rosemary, basil, oregano, cumin, cayenne, parsley, bay leaf, sea salt, black pepper, chili powder, smoked paprika, paprika, Kosher salt, crushed red pepper, coarse ground mustard, cocoa powder*

*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.*