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| **ALDI Meal Plan week of 3/14/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Simple roast chicken & vegetables, cheesy garlic broccoli |
| **Monday** | Easy 25 minute veggie fajitas, garlicky black beans, mandarins |
| **Tuesday** | Slow cooker garlic lime chicken thighs, salad |
| **Wednesday** | Slow cooker corned beef & cabbage, mandarins |
| **Thursday** | Roasted chile-lime chicken & potatoes, sauteed spinach |
| **Friday** | Easy spice rubbed fish tacos, chips & salsa, mandarins |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 3/13):**

*Dairy & refrigerated*

16 oz Happy Farms shredded cheddar, $3.99 (Sun, Mon, Fri)  
Park Street Deli fresh cut salsa, $2.29 (Fri)

*Grocery*

Clancy’s white round tortilla chips, $1.89 (Fri)  
2 packs El Milagro flour tortillas, $1.96 (Mon, Fri)  
2 cans Dakota’s Pride black beans, $1.18 (Mon)

*Meat*

3.5 lb corned beef points, $6.97 (Weds)  
1 lb tilapia, $4.99 (Fri)  
5.5 lbs bone-in chicken thighs, $5.45 (Tues, Thurs)  
5 lb whole chicken, $4.75 (Sun)

*Produce*

1 lb limes, $1.89 (Mon, Tues, Thurs, Fri)  
3 lbs mandarins, $2.69 (Mon, Weds, Fri)  
Bunch cilantro, $.79 (Mon, Fri)  
Bag of garden salad, $1.59 (Tues)  
Bag of spinach, $1.49 (Thurs)  
1 lb broccoli crowns, $1.49 (Sun)  
2 lbs carrots, $1.29 (Sun, Weds)  
2 packs 8 oz white mushrooms, $3.78 (Sun, Mon)  
3 lbs yellow onions, $1.49 (Sun, Mon, Weds, Fri)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Thurs, Fri)  
5 lbs red potatoes, $1.99 (Sun, Weds, Thurs)  
1 medium head cabbage, $.35 (Weds)  
3 pack multi-colored bell peppers, $2.99 (Mon, Tues)  
8 oz jalapeños, $.69 (Mon, Thurs)  
4 avocados, $3.16 (Mon, Fri)  
2 Roma tomatoes, $.50 (Tues)

**Total: $60.84**

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

*Olive oil, sesame oil, Kosher salt, salt, seasoned salt, black pepper, paprika, rosemary, thyme, chili powder, cumin, crushed red pepper, cayenne pepper, oregano, powdered ginger, smoked paprika, soy sauce, honey, whole grain mustard*

*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.*