

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 4/25/21 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Garlic soy roasted chicken & mushrooms, salad |
| **Monday** | Ground turkey stir fry w/ cauliflower rice, pineapple |
| **Tuesday** | Slow cooker salsa verde pulled pork tacos, mango |
| **Wednesday** | Salsa verde & spinach baked taquitos, roasted broccoli |
| **Thursday** | Comforting carnitas stew, tortilla chips, sliced tomatoes |
| **Friday** | Kielbasa quesadillas, tortilla chips, leftover stew |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 4/24):**

*Dairy & refrigerated*

12 oz shredded Happy Farms cheddar, $3.19 (Tues, Weds, Thurs)  
8 oz block Happy Farms mozzarella, $1.95 (Fri)  
8 oz Happy Farms cream cheese, $1.29 (Weds)

*Frozen*

Season’s Choice plain riced cauliflower, $1.99 (Mon)

*Grocery*

Specially Selected salsa verde, $1.99 (Tues)  
Clancy’s white round tortilla chips, $1.89 (Thurs, Fri)  
32 oz Chef’s Cupboard beef broth, $1.19 (Thurs)  
Can Casa Mamita diced tomatoes with green chilies, $.65 (Tues)  
Can Pueblo Lindo chipotles in adobo, $.99 (Thurs)  
Can Happy Harvest tomato paste, $.39 (Thurs)  
28 oz can Happy Harvest crushed tomatoes, $.89 (Thurs)  
Can Happy Harvest corn, $.49 (Thurs)  
Can Dakota’s Pride black beans, $.59 (Thurs)  
Can Dakota’s Pride kidney beans, $.59 (Thurs)  
2 packs El Milagro flour tortillas, $1.96 (Weds, Fri)  
1 pack El Milagro corn tortillas, $.39 (Tues)

*Meat*

4 lbs split chicken breast, $5.16 (Sun)  
16 oz Kirkwood frozen ground turkey, $1.99 (Mon)  
6 lb boneless pork butt, $10.14 (Tues, Weds, Thurs)  
Parkview Polska kielbasa, $2.49 (Fri)

*Produce*

Whole pineapple, $1.89 (Mon)  
1 lb beefsteak tomatoes, $1.29 (Tues, Thurs)  
2 mangoes, $1.58 (Tues)  
Little Salad Bar garden salad, $1.49 (Sun)  
8 oz fresh spinach, $1.49 (Weds)  
3 packs 8 oz baby bella mushrooms, $3.87 (Sun, Mon)  
20 oz broccoli, $1.86 (Mon, Weds)  
Bunch green onions, $.79 (Mon, Tues, Thurs)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 lbs yellow onions, $2.29 (Mon, Tues, Thurs, Fri)  
3 pack multi-colored bell peppers, $2.99 (Mon, Thurs, Fri)

**Total: $60.94**

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

*Olive oil, canola oil, sesame oil, butter, soy sauce, oregano, crushed red pepper, brown sugar, ground ginger, chili powder, smoked paprika, cumin, Kosher salt, sea salt, cayenne, black pepper*

*\*\* 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.*