

|  |
| --- |
| **ALDI Meal Plan week of 5/16/21 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Roast chipotle chicken & potatoes, pineapple |
| **Monday** | Mushroom, black bean, & spinach vegetarian burritos, avocados, chips & salsa |
| **Tuesday** | Easy salsa verde chicken soup, tortilla chips, oranges |
| **Wednesday** | Sheet pan chicken dinner w/ Brussels sprouts & potatoes, carrots need butter & thyme |
| **Thursday** | Slow cooker buffalo ranch chicken potato casserole, side salad |
| **Friday** | Fajita-inspired sheet pan chicken thighs & peppers |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 5/15):**

*Dairy & refrigerated*

16 oz Happy Farms shredded cheddar, $4.09 (Mon, Tues, Thurs)

*Grocery*

16 oz Specially Selected salsa verde, $1.95 (Tues)
16 oz Casa Mamita organic chipotle & lime salsa, $1.89 (Mon)
Clancy’s white round tortilla chips, $1.85 (Mon, Tues)
Tuscan Garden bacon bits, $1.25 (Weds, Thurs)
Tuscan Garden ranch dressing, $1.69 (Thurs)
Pueblo Lindo chipotles in adobo, $1.09 (Sun)
El Milagro flour tortillas, $.98 (Mon)
Can Dakota’s Pride black beans, $.69 (Mon)
2 cans Dakota’s Pride great northern beans, $1.38 (Tues)
32 oz Chef’s Cupboard chicken broth, $1.19 (Tues)

*Meat*

6 lb whole chicken, $5.70 (Sun, Tues)
3 lbs boneless skinless chicken breast, $6.87 (Weds, Thurs)
3.25 lbs bone-in chicken thighs, $4.19 (Fri)

*Produce*

Whole pineapple, $1.49 (Sun)
4 lbs navel oranges, $2.89 (Tues, Fri)
5 lbs yellow potatoes, $3.39 (Sun, Weds, Thurs)
3 lbs yellow onions, $2.49 (Sun, Mon, Tues, Weds, Fri)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs)
2 packs 8 oz white mushrooms, $1.98 (Mon)
Bunch green onions, $.79 (Tues, Thurs)
3 pack multi-colored bell peppers, $2.49 (Fri)
1 lb Brussels sprouts, $1.49 (Weds)
2 lbs carrots, $1.49 (Tues, Weds, Thurs)
8 oz bag spinach, $1.49 (Mon, Thurs)
Garden salad, $1.69 (Thurs)
2 avocados, $1.98 (Mon)
2 Roma tomatoes, $.50 (Thurs)

**Total: $60.26**

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

*Olive oil, butter, smoked paprika, Kosher salt, sea salt, black pepper, chili powder, cumin, cayenne, dijon mustard, honey, thyme, seasoned salt, hot sauce, garlic powder, oregano*

*\*\* 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.*