

|  |
| --- |
| **ALDI Meal Plan week of 6/6/21 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Cheesy sausage, rice, & spinach skillet, watermelon |
| **Monday** | Toasted open face Caprese sandwiches with avocado, watermelon |
| **Tuesday** | Ground beef & broccoli stir fry, rice, mangoes |
| **Wednesday** | Sheet pan chicken asparagus dinner, steamed broccoli w/ mozzarella & cheddar |
| **Thursday** | Caprese chicken & kale skillet |
| **Friday** | Chicken thigh stir fry with asparagus, simple chicken kale mushroom stir fry, rice |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 6/5):**

*Dairy & refrigerated*

8 oz Happy Farms sharp cheddar block, $1.99 (Sun, Weds)
8 oz Happy Farms mozzarella block, $1.99 (Weds, Thurs)
7 oz Happy Farms deli sliced Swiss, $1.99 (Weds)
8 oz Emporium Selected marinated sliced mozzarella, $3.99 (Mon)

*Grocery*

Specially Selected ciabatta sandwich rolls, $2.99 (Mon)
3 lbs Earthly Grains long grain white rice, $2.09 (Sun, Tues, Fri)
32 oz Chef’s Cupboard chicken broth, $1.19 (Sun)

*Meat*

12 oz Never Any! spinach feta chicken sausage, $2.85 (Sun)
16 oz frozen 85% lean ground beef chub, $2.99 (Tues)
3 lbs boneless skinless chicken breast, $6.87 (Weds, Fri)
3.25 lbs boneless skinless chicken thighs, $5.49 (Thurs, Fri)

*Produce*

3 lbs yellow onions, $2.49 (Sun, Thurs, Fri)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)
Bunch green onions, $.79 (Tues, Fri)
8 oz fresh spinach, $1.49 (Sun)
8 oz mushrooms, $1.79 (Fri)
1.5 lbs broccoli crowns, $2.98 (Tues, Weds)
12 oz Simply Nature organic chopped kale, $2.99 (Thurs, Fri)
2 lbs asparagus, $3.78 (Weds, Fri)
Whole watermelon, $3.99 (Sun, Mon)
2 mangoes, $.98 (Tues)
1 avocado, $.99 (Mon)
4 Roma tomatoes, $1.00 (Mon)
Pint grape tomatoes, $1.89 (Thurs)

**Total: $60.88**

***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, canola oil, sea salt, basil, balsamic vinegar, soy sauce, brown sugar, cornstarch, ground ginger, crushed red pepper, Dijon or whole grain mustard, paprika, black pepper, basil*

*\*\* 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.*