

|  |
| --- |
| **ALDI Meal Plan week of 12/12/21 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Ham, Brussels sprouts, crescent rolls, oranges |
| **Monday** | Leftover ham fried rice, sauteed broccoli with garlic, egg drop soup |
| **Tuesday** | Chicken burrito bowls, tortilla chips & salsa, mangoes |
| **Wednesday** | Ham hand pies with spinach, carrots need butter & thyme, oranges |
| **Thursday** | Korean style ground beef & spinach rice bowls, garlic green beans with soy sauce |
| **Friday** | Creamy smoked sausage & white bean chili, side salad, tortilla chips |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 12/11):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.09 (Mon, Weds, Thurs, Fri)
8 oz block Happy Farms cream cheese, $1.29 (Weds, Fri)
Bake House Creations crescent rolls, $1.19 (Sun)
Bake House creations pie crust, $1.69 (Weds)
12 oz Happy Farms shredded cheddar, $3.49 (Tues, Weds, Fri)

*Frozen*

12 oz bag Season’s Choice steamable peas, $.79 (Mon)

*Grocery*

16 oz Casa Mamita restaurant style salsa, $1.99 (Tues)
Clancy’s white round tortilla chips, $1.25 (Tues, Fri)
Fusia Asian Inspirations soy sauce, $1.29 (Mon, Thurs)
3 lbs Earthly Grains long grain white rice, $2.19 (Mon, Tues, Thurs)
48 oz box Chef’s Cupboard chicken broth, $1.69 (Mon, Tues)
32 oz box Chef’s Cupboard chicken broth, $1.19 (Fri)
2 cans Pueblo Lindo chopped green chiles, $1.58 (Fri)
Can of Dakota’s Pride black beans, $.69 (Tues)
Can of Dakota’s Pride great northern beans, $.69 (Fri)
Can of Dakota’s Pride cannellini beans, $.69 (Fri)
Can of Happy Harvest whole kernel corn, $.49 (Fri)

*Meat*

14 oz Parkview Polska kielbasa, $2.59 (Fri)
11 lb Appleton Farms spiral sliced ham, $9.35 (Sun, Mon, Weds)
1.5 lbs boneless skinless chicken breast, $4.49 (Tues)
1 lb chub 85% lean ground beef (frozen), $3.69 (Thurs)

*Produce*

1 lb Brussels sprouts, $1.39 (Sun)
4 lbs navel oranges, $2.99 (Sun, Weds)
2 mangoes, $1.18 (Tues)
2 bags 8 oz spinach, $3.18 (Weds, Thurs, Fri)
1 lb green beans, $1.89 (Thurs)
Bunch green onions, $.79 (Mon, Tues, Thurs, Fri)
1 lb baby carrots, $.95 (Mon, Weds)
18 oz broccoli crowns, $2.58 (Mon)
3 heads garlic, $1.39 (Mon, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $1.79 (Tues, Weds, Fri)
Pint grape tomatoes, $1.89 (Tues, Fri)
3 avocados, $1.77 (Tues, Fri)

-----

**Total: $65.19**

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

*Olive oil, canola oil, sesame oil, butter, brown sugar, salt, sea salt, black pepper, balsamic vinegar, crushed red pepper, ground ginger, Sriracha/gochujang/chili garlic sauce, chili powder, cumin, Kosher salt, Dijon mustard, thyme, seasoned salt, oregano, cayenne*

*\*\* 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.*