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| **ALDI Meal Plan week of 12/5/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Greek chicken with sweet potatoes & kale, mandarins |
| **Monday** | Arrabbiata white bean & vegetable soup, baguette |
| **Tuesday** | Sheet pan lemon garlic chicken with potatoes & carrots, mandarins |
| **Wednesday** | Caprese chicken thighs & kale skillet, roasted potatoes & carrots |
| **Thursday** | Lemony pork chops, tomatoes, & potatoes, cauliflower |
| **Friday** | Garlic shrimp with roasted cauliflower, white beans, & tomatoes, roasted red potatoes |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 12/4):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Mon, Tues, Weds, Fri)  
8 oz block Happy Farms mozzarella, $1.95 (Weds, Thurs)

*Grocery*

Specially Selected French baguette, $1.79 (Mon)  
32 oz Simply Nature organic vegetable broth, $1.89 (Mon)  
3 cans Dakota’s Pride Great Northern beans, $2.13 (Mon, Fri)  
Can of Happy Harvest cut green beans, $.49 (Mon)  
Can of Happy Harvest whole kernel corn, $.49 (Mon)  
Can of Happy Harvest fire roasted diced tomatoes, $.91 (Fri)  
Stonemill minced garlic in water, $1.79 (Sun, Mon, Tues, Weds, Thurs, Fri)  
Specially Selected arrabbiata sauce, $2.89 (Mon)

*Meat*

4 lbs bone-in split chicken breast, $5.16 (Sun)  
3.5 lbs boneless skinless chicken thighs, $10.12 (Tues, Weds)  
1.5 lbs boneless center cut pork chops, $5.99 (Thurs)  
12 oz Fremont Fish Market medium EZ peel raw shrimp (frozen), $4.99 (Fri)

*Produce*

2 lbs lemons, $3.29 (Sun, Tues, Thurs, Fri)  
3 lbs mandarins, $2.79 (Sun, Tues)  
12 oz Simply Nature organic chopped kale, $2.99 (Sun, Weds)  
2 lbs carrots, $1.49 (Mon, Tues, Weds)  
1 medium head of cauliflower, $2.69 (Thurs, Fri)  
3 lbs yellow onions, $1.49 (Sun, Mon, Tues, Weds, Thurs)   
2 medium sweet potatoes, $1.00 (Sun)  
2 pints grape tomatoes, $3.78 (Weds, Thurs)  
5 lb bag red potatoes, $3.29 (Tues, Weds, Thurs, Fri)

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**Total: $65.39**

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

*Olive oil, cooking spray, oregano, sea salt, black pepper, seasoned salt, garlic powder, rosemary, coarse ground mustard, crushed red pepper, basil, balsamic vinegar, Italian seasoning, smoked paprika, parsley*

*\*\* 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.*