

|  |
| --- |
| **ALDI Meal Plan week of 1/16/22 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Roasted broccoli, cauliflower, & chicken sausage casserole, pineapple |
| **Monday** | Simple vegetarian white bean soup, salad |
| **Tuesday** | Olive Garden dressing sheet pan chicken dinner, garlic cabbage & carrots |
| **Wednesday** | Slow cooker cheesy chicken enchilada chili, tortilla chips, grapes |
| **Thursday** | Chicken & cauliflower sheet pan dinner, grapes |
| **Friday** | Egg roll in a noodle bowl, broccoli w/ cheddar |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 1/15):**

Dairy & refrigerated

2 blocks 8 oz Happy Farms sharp cheddar, $3.78 (Sun, Weds, Fri)
Emporium Selection shredded parmesan, $1.99 (Sun, Tues, Thurs)
8 oz Friendly Farms sour cream, $1.59 (Sun, Weds)

*Grocery*

Specially Selected salsa verde, $1.99 (Weds)
Clancy’s white round tortilla chips, $1.25 (Weds)
Tuscan Garden restaurant style Italian dressing, $1.99 (Mon, Tues)
32 oz box Simply Nature organic vegetable broth, $1.89 (Mon)
Can Pueblo Lindo chopped green chiles, $.79 (Weds)
7.05 oz box Simply Nature black soybean spaghetti, $2.59 (Fri)
2 cans Dakota’s Pride cannellini beans, $1.18 (Mon)
1 can Dakota’s Pride great northern beans, $.69 (Mon)
2 cans Dakota’s Pride black beans, $1.38 (Weds)
Can Happy Harvest diced tomatoes, $.59 (Mon)
8 oz can Happy Harvest tomato sauce, $.29 (Weds)
Can Happy Harvest fire roasted diced tomatoes, $.91 (Weds)

*Meat*

Never Any chicken apple sausage, $3.19 (Sun)
5 lbs boneless skinless chicken breast, $9.95 (Tues, Weds, Thurs)
19.2 oz Kirkwood fresh ground turkey, $3.49 (Fri)

*Produce*

Pineapple, $1.69 (Sun)
2 lbs red grapes, $2.58 (Weds, Thurs)
2 medium heads of cauliflower, $4.98 (Sun, Thurs)
1.5 lbs broccoli crowns, $2.99 (Sun, Fri)
8 oz bag spinach, $1.49 (Mon)
Bag of garden salad, $1.19 (Mon)
Bunch green onions, $.79 (Sun, Weds, Fri)
16 oz bag of green beans, $1.89 (Tues)
8 oz white mushrooms, $1.89 (Tues)
2 lbs carrots, $1.29 (Mon, Tues, Fri)
3 lbs yellow onions, $1.89 (Sun, Mon, Thurs, Fri)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Fri)
Head of cabbage, $1.80 (Tues, Fri)

-----

**Total: $65.29**

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

*Olive oil, sesame oil, butter, soy sauce, parsley, garlic powder, cayenne, black pepper, paprika, smoked paprika, oregano, Italian seasoning, sea salt, cumin, chili powder, garlic powder, seasoned salt, powdered ginger, turmeric, crushed red 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.*