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| **ALDI Meal Plan week of 1/30/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Homemade chicken soup, bagels |
| **Monday** | Slow cooker garlic lime chicken thighs, lime buttered broccoli, oranges |
| **Tuesday** | Sheet pan rosemary chicken drumsticks w/ broccoli & potatoes, leftover soup, oranges |
| **Wednesday** | Baked chicken avocado taquitos, garlicky black beans |
| **Thursday** | Slow cooker Italian beef sandwiches, salad |
| **Friday** | Shrimp taco salad, tortilla chips, bananas |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 1/29):**

*Dairy & refrigerated*

8 oz brick Happy Farms original cream cheese, $1.29 (Weds)  
8 oz block Happy Farms sharp cheddar, $1.89 (Weds, Fri)  
8 oz Happy Farms deli-sliced provolone, $1.59 (Thurs)

*Grocery*

L’Oven Fresh everything bagels, $1.49 (Sun)  
L’Oven Fresh Hawaiian sweet rolls, $2.29 (Thurs)  
Simply Nature organic blue corn tortilla chips, $2.09 (Fri)  
Tuscan Garden pepperoncini, $1.89 (Thurs)  
Chef’s Cupboard 32 oz beef broth, $1.19 (Thurs)  
El Milagro flour tortillas, $.98 (Weds)  
4 oz can Pueblo Lindo chopped green chiles, $.79 (Weds)  
3 cans Dakota’s Pride black beans, $2.07 (Weds, Fri)  
8 oz Stonemill minced garlic in water, $1.89 (Sun, Mon, Tues, Weds, Thurs, Fri)

*Meat*

10 lbs chicken leg quarters, $4.90 (Sun, Mon, Tues, Weds)  
2.5 lb chuck roast, $12.48 (Thurs)  
12 oz bag Fremont Fish Market medium EZ peel raw shrimp (frozen), $4.99 (Fri)

*Produce*

4 lbs navel oranges, $2.79 (Mon, Tues)  
2 lbs limes, $1.99 (Mon, Weds, Fri)  
2 lbs bananas, $.98 (Fri)  
3 lb bag yellow onions, $2.09 (Sun, Thurs, Fri)  
24 oz bite-sized yellow potatoes, $2.89 (Tues)  
Celery, $1.29 (Sun, Thurs)  
2 lbs broccoli crowns, $2.78 (Mon, Tues)  
2 lbs carrots, $1.69 (Sun, Thurs)  
Bunch green onions, $.79 (Weds, Thurs, Fri)  
2 bags Little Salad Bar garden salad, $2.38 (Thurs, Fri)  
2 avocados, $1.98 (Weds, Fri)  
Pint grape tomatoes, $1.89 (Fri)

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**Total: $65.36**

***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, hot sauce, red or white wine vinegar, soy sauce, honey, bay leaf, parsley, turmeric, sea salt, Kosher salt, black pepper, cayenne, thyme, crushed red pepper, ginger, rosemary, paprika, cumin, chili powder*

*\*\* 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.*