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| **ALDI Meal Plan week of 1/9/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Smothered skillet pork chops & Italian dressed broccoli |
| **Monday** | Vegetarian three bean + lentil chili, tortilla chips |
| **Tuesday** | Zucchini Spanish rice burrito bowls w/ chicken & mushrooms, chips & salsa |
| **Wednesday** | Slow cooker lentil smoked sausage soup, salad |
| **Thursday** | Chicken broccoli mushroom stir fry, carrot stir fry with green onions, rice |
| **Friday** | Cheesy sausage, rice, & spinach skillet, stir fried zucchini |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 1/8):**

Dairy & refrigerated

12 oz bag Happy Farms shredded cheddar cheese, $3.59 (Mon, Tues, Fri)

Grocery

Clancy’s restaurant style tortilla chips, $1.25 (Mon, Tues)  
24 oz jar Casa Mamita medium salsa, $1.99 (Tues)  
Fusia soy sauce, $1.39 (Thurs)  
Tuscan Garden restaurant style Italian dressing, $1.89 (Sun, Weds)  
3 lbs Earthly Grains long grain white rice, $2.19 (Tues, Thurs, Fri)  
32 oz box Simply Nature organic vegetable broth, $1.89 (Mon)  
2 boxes 32 oz Chef’s Cupboard chicken broth, $1.98 (Tues, Weds, Fri)  
1 can Dakota’s Pride black beans, $.69 (Mon)  
1 can Dakota’s Pride kidney beans, $.59 (Mon)  
1 can Dakota’s Pride Great Northern beans, $.69 (Mon)  
1 can Happy Harvest fire roasted diced tomatoes, $.89 (Mon)  
1 can Happy Harvest tomato paste, $.39 (Mon)  
1 can Happy Harvest whole kernel corn, $.49 (Mon)  
8 oz jar Stonemill minced garlic in water, $1.79 (Sun, Mon, Tues, Weds, Thurs, Fri)  
16 oz bag of Simply Nature organic green lentils, $2.29 (Mon, Weds)

Meat

1.25 lbs center cut boneless pork chops, $4.99 (Sun)  
3.5 lbs boneless skinless chicken breast, $6.97 (Tues, Thurs)  
Parkview Polska kielbasa, $2.59 (Weds)  
Never Any spinach feta chicken sausage, $3.19 (Fri)

Produce

3 lbs zucchini, $2.85 (Tues, Fri)  
3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Weds, Fri)  
3 pack multi-colored bell peppers, $2.99 (Sun, Mon)  
Celery, $1.39 (Weds)  
1 avocado, $.79 (Tues)  
Bunch of green onions, $.79 (Mon, Thurs)  
2 bags 8 oz spinach, $3.18 (Weds, Fri)  
Bag of garden salad, $.99 (Weds)  
24 oz broccoli crowns, $3.44 (Sun, Thurs)  
2 lbs carrots, $1.49 (Weds, Thurs)  
8 oz baby bella mushrooms, $1.99 (Tues)  
8 oz white mushrooms, $1.89 (Thurs)

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**Total: $65.41**

***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, black pepper, Italian seasoning, oregano, garlic powder, parsley, salt, sea salt, chili powder, baking cocoa, smoked paprika, cumin, garlic powder, seasoned salt, red wine vinegar, thyme, cayenne, bay leaf, Kosher salt, cornstarch, ground ginger, 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.*