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| **ALDI Meal Plan week of 2/13/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Slow cooker cheesy chicken enchilada chili, tortilla chips |
| **Monday** | Chicken broccoli mushroom stir fry, ground beef & broccoli stir fry, rice, and strawberries |
| **Tuesday** | Chicken fried rice, carrot stir fry |
| **Wednesday** | Keema inspired ground beef quesadillas, avocados, green onion dip with carrot & celery sticks & chips |
| **Thursday** | Korean style ground beef & spinach rice bowls, egg drop soup |
| **Friday** | Vegetarian white bean soup, salad |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 2/12):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.29 (Tues, Thurs)  
16 oz Friendly Farms sour cream, $1.69 (Sun, Weds)  
Happy Farms 8 oz block cheddar, $1.89 (Sun)  
Happy Farms 8 oz block mozzarella, $1.89 (Weds)

*Frozen*

12 oz Season’s Choice sweet peas, $.89 (Tues, Weds)

*Grocery*

Specially Selected salsa verde, $1.99 (Sun)  
Clancy’s restaurant style tortilla chips, $1.25 (Sun, Weds)  
Fusia soy sauce, $1.49 (Mon, Tues, Thurs)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Thurs)  
32 oz Simply Nature organic vegetable broth, $1.89 (Fri)  
8 oz Stonemill minced garlic in water, $1.89 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 lbs bag Earthly Grains long grain white rice, $2.19 (Mon, Tues, Thurs)  
El Milagro flour tortillas, $.98 (Weds)  
Can Pueblo Lindo chopped green chiles, $.79 (Sun)  
Can Happy Harvest fire roasted diced tomatoes, $.91 (Sun)  
Can Happy Harvest diced tomatoes, $.69 (Fri)

2 cans Happy Harvest tomato sauce, $.58 (Sun, Weds)  
2 cans Dakota’s Pride black beans, $1.38 (Sun)  
2 cans Dakota’s Pride cannellini beans, $1.18 (Fri)  
1 can Dakota’s Pride great northern beans, $.69 (Fri)

*Meat*

4 lbs boneless skinless chicken breast, $7.56 (Sun, Mon, Tues)  
5 lb package 73% lean ground beef, $9.95 (Mon, Weds, Thurs)

*Produce*

1 lb strawberries, $1.99 (Mon)  
2 lbs broccoli crowns, $4.98 (Mon, Tues)  
8 oz white mushrooms, $1.79 (Mon)  
2 bunches green onions, $1.58 (Sun, Mon, Tues, Weds, Thurs)  
Bunch cilantro, $.79 (Sun, Weds)  
2 bags 8 oz spinach, $3.38 (Thurs, Fri)  
Bag of garden salad, $1.09 (Fri)  
2 lbs carrots, $1.49 (Tues, Weds, Fri)  
2 lb bag white onions, $1.89 (Tues, Weds, Fri)  
Celery, $1.29 (Tues, Weds)  
2 avocados, $1.38 (Weds)

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**Total: $65.90**

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

*Olive oil, butter, canola or vegetable oil, sesame oil, cornstarch, brown sugar, cumin, chili powder, cayenne, ground ginger, crushed red pepper, sea salt, salt, pepper, turmeric, cinnamon, paprika, cayenne, Sriracha (or gochujang, or chili garlic sauce), oregano, Italian seasoning*

*\*\* 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.*