

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 2/6/22 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Slow cooker pulled pork sandwiches, sheet pan green beans, mandarins |
| **Monday** | Southwest pulled pork & potato bowls, chips & guac |
| **Tuesday** | Salsa verde pork & spinach baked taquitos, grapes, hard boiled eggs |
| **Wednesday** | Italian chicken thighs w/ zucchini & red potatoes, grapes |
| **Thursday** | Smoked sausage & veggies skillet, mandarins |
| **Friday** | Smoked salmon scramble, crisp sauteed red potatoes |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 2/5):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.19 (Tues, Fri)  
Happy Farms 8 oz cream cheese, $1.29 (Tues, Fri)  
Priano shredded Parmesan, $1.99 (Sun, Weds, Thurs)  
8 oz Happy Farms cheddar cheese block, $1.89 (Mon, Tues)

*Frozen*

12 oz bag Season’s Choice corn, $.95 (Mon)

*Grocery*

L’Oven Fresh hamburger buns, $.89 (Sun)  
Specially Selected salsa verde, $2.29 (Mon, Tues)  
Clancy’s restaurant style tortilla chips, $1.25 (Mon)  
Burman’s original BBQ sauce, $.95 (Sun)  
Stonemill minced garlic in water, $1.89 (Sun, Mon, Tues, Weds, Thurs)  
El Milagro flour tortillas, $.98 (Tues)  
Can Casa Mamita diced tomatoes with green chilies, $.69 (Weds)  
Can Dakota’s Pride black beans, $.69 (Mon)  
Can Happy Harvest diced tomatoes, $.69 (Weds)

*Meat*

6 lb boneless pork butt roast, $11.94 (Sun, Mon, Tues)  
3 lbs bone-in chicken thighs, $4.77 (Weds)  
Parkview Polska kielbasa, $2.89 (Thurs)  
3 oz Specially Selected smoked salmon, $4.09 (Fri)

*Produce*

3 lbs mandarins, $2.89 (Sun, Thurs)  
2 lbs red grapes, $2.78 (Tues, Weds)  
3 lbs zucchini, $3.87 (Weds, Thurs)  
3 lbs yellow onions, $2.29 (Sun, Mon, Thurs)  
5 lbs red potatoes, $3.29 (Mon, Weds, Fri)  
1 lb green beans, $1.89 (Sun)  
8 oz mushrooms, $1.89 (Thurs)  
Bunch green onions, $.79 (Mon, Fri)  
8 oz bag spinach, $1.69 (Tues)  
4 Roma tomatoes, $1.00 (Mon, Thurs)  
2 avocados, $1.70 (Mon)

-----

**Total: $65.40**

***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, brown sugar, Kosher salt, sea salt, black pepper, paprika, chili powder, cayenne, oregano, bay leaf, thyme, garlic powder, crushed red pepper, seasoned salt, cumin, Italian seasoning, smoked paprika*

*\*\* 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.*