



<b>ALDI Meal Plan week of 5/1/22 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Fajita inspired sheet pan chicken thighs & peppers, carrots need butter & thyme
<b>Monday</b>	Toasted open face Caprese sandwiches, mangoes
<b>Tuesday</b>	Thyme for a one pan chicken mushroom rice skillet, garlic broccoli stir fry
<b>Wednesday</b>	30 minute chicken broccoli mushroom stir fry, carrot stir fry with green onions, rice
<b>Thursday</b>	Chopped tomato mozzarella salad with chicken sausage, pineapple
<b>Friday</b>	Cheesy smoked sausage & rice skillet, side salad
<b>Saturday</b>	Leftovers, family pizza night, or order in!

### Shopping list (through 4/30):

#### *Dairy & refrigerated*

- 8 oz block Happy Farms cheddar, \$1.85 (Fri)
- 8 oz Emporium Selection fresh mozzarella in marinade, \$3.49 (Mon)
- 8 oz Emporium Selection fresh mozzarella in water, \$3.49 (Thurs)

#### *Grocery*

- Specially Selected ciabatta rolls, \$2.99 (Mon)
- 16 oz jar Simply Nature organic medium salsa, \$1.89 (Fri)
- 3 lbs Earthly Grains long grain white rice, \$2.19 (Tues, Weds, Fri)
- Priano balsamic vinegar, \$2.19 (Mon, Thurs, Fri)
- 32 oz box Chef's Cupboard chicken broth, \$1.29 (Tues)
- 8 oz Stonemill minced garlic in water, \$2.19 (Mon, Tues, Weds, Fri)
- 1 can Happy Harvest whole kernel corn, \$.54 (Fri)

#### *Meat*

- \* 14 oz cheddar jalapeño smoked sausage, \$3.29 (Fri)
- 12 oz Never Any apple chicken sausage, \$3.69 (Thurs)

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3.5 lbs chicken tenderloin, \$9.42 (Tues, Weds)  
3.5 lbs bone-in chicken thighs, \$6.62 (Sun)

*\* substitute regular smoked sausage for cheddar jalapeño, if you are sensitive to spice*

### *Produce*

2 mangoes, \$1.58 (Mon)  
Pineapple, \$1.89 (Thurs)  
3 lbs yellow onions, \$2.29 (Sun, Tues, Fri)  
3 pack multi-colored bell peppers, \$2.89 (Sun, Fri)  
2 packs 8 oz white mushrooms, \$1.98 (Tues, Weds)  
3 hearts romaine, \$2.99 (Thurs, Fri)  
2 lbs carrots, \$1.39 (Sun, Weds, Fri)  
Bunch green onions, \$.89 (Weds, Fri)  
1.5 lbs broccoli crowns, \$3.74 (Tues, Weds)  
2 avocados, \$1.78 (Mon, Thurs)  
Pint grape tomatoes, \$1.89 (Thurs)  
6 Roma tomatoes, \$1.20 (Mon, Fri)

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**Total: \$69.64**

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***\*\*\* 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, soy sauce, brown sugar, seasoned salt, sea salt, salt, smoked paprika, cumin, chili powder, garlic powder, oregano, thyme, basil, black pepper, parsley, cornstarch, ground ginger, crushed red pepper, cumin*

***\*\* 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.***

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