



<b>ALDI Meal Plan week of 5/15/22 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Slow cooker cheesy chicken enchilada chili, toasted Italian bread
<b>Monday</b>	Strawberry spinach salad with chicken, leftover chili
<b>Tuesday</b>	Chicken broccoli mushroom stir fry, pineapple
<b>Wednesday</b>	Broccoli cheddar soup with sausage, toasted Italian bread
<b>Thursday</b>	Slow cooker garlic chicken drumsticks, salad
<b>Friday</b>	Vegetarian elote tortilla casserole, mangoes
<b>Saturday</b>	Leftovers, family pizza night, or order in!

### Shopping list (through 5/14):

#### *Dairy & refrigerated*

- 1/2 gallon Friendly Farms whole milk, \$1.79 (Weds)
- 16 oz Friendly Farms sour cream, \$1.69 (Sun, Fri)
- 2 blocks 8 oz Happy Farms sharp cheddar, \$3.70 (Sun, Weds, Fri)

#### *Frozen*

- Season's Choice elote style corn, \$2.49 (Fri)

#### *Grocery*

- 2 jars Specially Selected salsa verde, \$4.98 (Sun, Fri)
- L'Oven Fresh Italian bread, \$1.99 (Sun, Weds)
- 8.8 oz pack Earthly Grains ready to serve jasmine rice, \$1.29 (Tues)
- Simply Nature organic poppyseed dressing, \$1.99 (Mon, Thurs)
- 32 oz box Chef's Cupboard chicken broth, \$1.29 (Weds, Thurs)
- El Milagro flour tortillas, \$.98 (Fri)
- Can Pueblo Lindo chopped green chiles, \$.79 (Sun)
- 3 cans of Dakota's Pride black beans, \$2.13 (Sun, Fri)
- 1 can Dakota's Pride garbanzo beans (chickpeas), \$.71 (Mon)
- 8 oz can Happy Harvest tomato sauce, \$.38 (Sun)
- Can Happy Harvest fire roasted diced tomatoes, \$.92 (Sun)

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## *Meat*

5 lbs boneless skinless chicken breast, \$10.45 (Sun, Mon, Tues)  
Parkview Polska kielbasa, \$3.49 (Weds)  
2.5 lbs chicken drumsticks, \$5.48 (Thurs)

## *Produce*

2 mangoes, \$1.58 (Fri)  
Pineapple, \$1.89 (Tues)  
2 bags 8 oz spinach, \$3.38 (Mon, Fri)  
Bag of garden salad, \$1.49 (Thurs)  
1 lb strawberries, \$2.29 (Mon)  
1.5 lbs broccoli crowns, \$3.44 (Tues, Weds)  
16 oz baby carrots, \$.89 (Weds, Thurs)  
Bunch green onions, \$.89 (Sun, Tues, Thurs, Fri)  
8 oz baby bella mushrooms, \$1.49 (Tues)  
3 lbs yellow onions, \$2.29 (Mon, Weds, Thurs, Fri)  
3 heads garlic, \$1.69 (Sun, Tues, Weds, Thurs, Fri)  
2 avocados, \$2.98 (Mon, Fri)

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**Total: \$70.84**

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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, butter, flour, canola oil, sesame oil, soysauce, brown sugar, cumin, chili powder, cayenne, smoked paprika, garlic salt, sea salt, black pepper, cornstarch, ground ginger, crushed red pepper, dijon mustard, paprika, rosemary, Kosher salt*

**\*\* 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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