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| **ALDI Meal Plan week of 5/22/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Comforting kielbasa potato soup, spring mix salad |
| **Monday** | Honey lime ginger vegetarian stir fry, carrot stir fry with green onions, rice |
| **Tuesday** | Chicken with chunky mango-tomato salsa, grapes, spring mix salad |
| **Wednesday** | Slow cooker Mediterranean chicken drumsticks, rice, grapes |
| **Thursday** | Roasted chile-lime chicken & potatoes, spring mix salad |
| **Friday** | Slow cooker garlic lime chicken thighs, cilantro lime rice |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 5/21):**

*Dairy & refrigerated*

Friendly Farms sour cream, $1.79 (Sun)  
8 oz block Happy Farms cheddar cheese, $1.85 (Sun)

*Grocery*

3 lb bag Earthly Grains long grain white rice, $2.19 (Mon, Weds, Fri)  
Berryhill honey bear, $3.99 (Mon, Fri)  
5.75 oz jar Tuscan Garden pimiento stuffed manzanilla olives, $1.29 (Weds)  
Simply Nature organic aged balsamic vinaigrette, $1.99 (Weds)  
Burman’s reduced sodium soy sauce, $1.59 (Mon, Fri)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Sun)  
Can of Happy Harvest diced tomatoes, $.71 (Weds)

*Meat*

Parkview Polska kielbasa, $3.49 (Sun)  
10 lb bag chicken leg quarters, $5.50 (Weds, Thurs, Fri)  
2 lbs boneless skinless chicken breast, $7.38 (Tues)

*Produce*

16 oz bag of limes, $2.99 (Mon, Tues, Thurs, Fri)  
1 mango, $.69 (Tues)  
Bunch cilantro, $.85 (Tues, Fri)  
Bunch green onions, $.85 (Sun, Mon, Tues)  
2 lbs carrots, $1.49 (Sun, Mon, Thurs)  
8 oz bag sugar snap peas, $2.39 (Mon)  
Cucumber, $.69 (Tues, Thurs)  
3 lbs red grapes, $4.47 (Tues, Weds)  
2 packs 8 oz white mushrooms, $3.38 (Mon)  
8 oz spinach, $1.69 (Sun)  
16 oz Simply Nature organic spring mix salad, $4.89 (Sun, Tues, Thurs)  
3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.69 (Sun, Mon, Tues, Weds, Thurs, Fri)  
5 lbs baking potatoes, $3.59 (Sun, Thurs)  
8 oz jalapeños, $.89 (Tues, Thurs)  
3 pack multi-colored bell peppers, $3.29 (Mon, Weds)  
10 Roma tomatoes, $1.60 (Sun, Tues)

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**Total: $70.79**

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