



ALDI Meal Plan week of 5/22/22 – Find the recipes at MashupMom.com	
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)

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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)

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.*

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