

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 5/29/22 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Skillet chicken drumsticks with corn, zucchini, & tomatoes |
| **Monday** | Burgers, watermelon, chips |
| **Tuesday** | Slow cooker BBQ chicken drumsticks, watermelon |
| **Wednesday** | Naan pizza with pesto, zucchini, & tomatoes, sheet pan green beans |
| **Thursday** | Smoked sausage + spinach soup, salad |
| **Friday** | Ground chicken & zucchini pesto pasta skillet, baguette |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 5/28):**

*Dairy & refrigerated*

Emporium Selection shredded Parmesan, $2.29 (Weds, Fri)  
8 oz brick mozzarella cheese, $1.85 (Weds)  
Happy Farms deli-sliced cheddar, $1.49 (Mon)

*Frozen*

10 oz Simply Nature Organic super sweet corn, $1.29 (Sun)

*Grocery*

Specially Selected naan, $4.49 (Tues)  
L’Oven Fresh hamburger buns, $.85 (Mon)  
Specially Selected French baguette, $1.69 (Fri)  
Clancy’s wavy potato chips, $1.45 (Mon)  
Burman’s BBQ sauce, $.79 (Mon, Tues)  
32 oz box Chef’s Cupboard chicken broth, $1.29 (Thurs)  
Priano Genovese pesto, $2.49 (Weds, Fri)  
12 oz box Reggano farfalle, $.95 (Fri)  
Can Dakota’s Pride great northern beans, $.71 (Thurs)  
Can Dakota’s Pride cannellini beans, $.71 (Thurs)  
Can Happy Harvest fire roasted diced tomatoes, $.91 (Thurs)

*Meat*

Parkview Polska kielbasa, $3.79 (Thurs)  
6 lbs chicken drumsticks, $5.34 (Sun, Tues)  
1 lb Perdue fresh ground chicken, $2.99 (Fri)  
1 lb Thomas Farms fresh grass-fed beef patties, $4.99 (Mon)

*Produce*

Watermelon, $5.99 (Mon, Tues)  
8 oz baby carrots, $.89 (Thurs)  
Celery, $1.29 (Thurs)  
16 oz green beans, $1.89 (Weds)  
8 oz bag spinach, $1.69 (Thurs)  
Bag of garden salad, $1.45 (Thurs)  
8 oz white mushrooms, $1.69 (Fri)  
8 oz baby bella mushrooms, $1.89 (Thurs)  
3 lbs yellow onions, $2.29 (Sun, Mon, Weds, Thurs)   
3 heads garlic, $1.69 (Sun, Thurs, Fri)  
2.5 lbs zucchini, $3.48 (Sun, Weds, Fri)  
2 pints grape tomatoes, $3.78 (Sun, Weds)  
24 oz tomatoes on the vine, $2.29 (Fri)

-----

**Total: $70.67**

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

*\*\* 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.*