



<b>ALDI Meal Plan week of 6/12/22 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Slow cooker Italian chicken sandwiches, garlic Parmesan broccoli, grapes
<b>Monday</b>	Beef & cabbage stir fry, peaches
<b>Tuesday</b>	Slow cooker salsa chicken tacos, grapes
<b>Wednesday</b>	Beef, tomato, & spinach tortellini, baguette
<b>Thursday</b>	Mushroom, black bean, & spinach burritos, leftover salsa chicken, peaches
<b>Friday</b>	Ground beef & broccoli stir fry, Asian couscous blend
<b>Saturday</b>	Leftovers, family pizza night, or order in!

**Shopping list (through 6/11):**

*Dairy & refrigerated*

- 9 oz Priano three cheese tortellini, \$2.99 (Weds)
- 12 oz Happy Farms shredded sharp cheddar, \$3.39 (Tues, Thurs)
- 8 oz Happy Farms block mozzarella, \$1.85 (Sun)
- Priano shredded Parmesan, \$2.45 (Sun, Weds)

*Frozen*

- Season's Choice Asian couscous blend, \$2.95 (Fri)

*Grocery*

- 24 oz Casa Mamita medium salsa, \$1.95 (Tues, Thurs)
- L'Oven Fresh deli rolls, \$2.29 (Sun)
- Specially Selected French baguette, \$1.79 (Weds)
- Tuscan Garden mild giardiniera, \$3.49 (Sun, Mon)
- 32 oz Chef's Cupboard chicken broth, \$1.29 (Sun, Mon)
- 2 packs El Milagro flour tortillas, \$1.96 (Tues, Thurs)
- Casa Mamita taco seasoning mix, \$.39 (Tues)
- 2 cans Dakota's Pride black beans, \$1.42 (Tues, Thurs)

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### *Meat*

2 lbs 80/20 ground beef, \$7.98 (Weds, Fri)  
4 lbs boneless skinless chicken breast family pack, \$7.96 (Sun, Tues)  
14 oz shaved beef, \$5.99 (Mon)

### *Produce*

2 lbs red grapes, \$1.90 (Sun, Tues)  
2 lbs peaches, \$2.58 (Mon, Thurs)  
8 oz bag spinach, \$1.69 (Weds, Thurs)  
14 oz bag classic coleslaw, \$1.39 (Mon)  
3 packs 8 oz baby bella mushrooms, \$4.47 (Mon, Thurs)  
1.5 lbs broccoli crowns, \$3.44 (Sun, Fri)  
3 lbs yellow onions, \$2.29 (Mon, Tues, Weds, Thurs)  
3 heads garlic, \$1.49 (Sun, Mon, Weds, Thurs, Fri)  
7 Roma tomatoes, \$1.40 (Tues, Weds)

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**Total: \$70.79**

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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, crushed red pepper, salt, Italian seasoning, oregano, black pepper, sea salt, basil, chili powder, cumin, soy sauce, brown sugar, corn starch, sesame oil, ground ginger*

*\*\* 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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