



ALDI Meal Plan week of 6/19/22 – Find the recipes at MashupMom.com	
Sunday	Lemon garlic chicken thighs with tomato cucumber salad, grapes
Monday	One pan paprika chicken drumsticks & rice, corn & zucchini saute
Tuesday	Easy 25 minute veggie fajitas, grapes
Wednesday	Slow cooker Mediterranean chicken drumsticks, rice
Thursday	Salsa vegetable soup with beans, garden salad with balsamic vinaigrette
Friday	Zucchini Spanish rice burrito bowls, sauteed spinach
Saturday	Leftovers, family pizza night, or order in!

Shopping list (through 6/18):

Dairy & refrigerated

8 oz block Happy Farms cheddar, \$1.85 (Tues, Fri)

Frozen

12 oz Season's Choice steamable sweet corn, \$.89 (Mon)

Grocery

24 oz Casa Mamita salsa, \$1.99 (Thurs, Fri)

3 lbs Earthly Grains long grain white rice, \$2.19 (Mon, Weds, Fri)

5.75 oz jar Tuscan Garden Spanish manzanilla olives, \$1.29 (Weds)

Tuscan Garden balsamic vinaigrette, \$1.49 (Weds, Thurs)

2 boxes 32 oz Chef's Cupboard chicken broth, \$2.58 (Mon, Thurs, Fri)

El Milagro flour tortillas, \$.98 (Tues)

Can Happy Harvest diced tomatoes, \$.71 (Weds)

Can Dakota's Pride black beans, \$.71 (Thurs)

Can Simply Nature organic pinto beans, \$.99 (Thurs)

Can Happy Harvest whole kernel corn, \$.51 (Thurs)

Can Happy Harvest cut green beans, \$.51 (Thurs)

8 oz Stonemill minced garlic in water, \$2.29 (Sun, Mon, Tues, Weds, Thurs, Fri)

*Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. *** Pricing may vary by store & region.*

Meat

5 lbs bone-in chicken thighs, \$8.45 (Sun)
6 lbs chicken drumsticks, \$8.94 (Mon, Weds)
2 lbs boneless skinless chicken breast, \$7.38 (Fri)

Produce

2 lb bag of lemons, \$2.99 (Sun, Mon, Tues, Fri)
3 lbs green grapes, \$2.85 (Sun, Tues)
1 cucumber, \$.55 (Sun)
8 oz bag of spinach, \$1.69 (Fri)
Bag of garden salad, \$1.49 (Thurs)
2 packs 8 oz white mushrooms, \$3.78 (Tues, Fri)
3 lbs yellow onions, \$2.29 (Mon, Tues, Weds, Thurs, Fri)
2 lbs zucchini, \$2.78 (Tues, Fri)
8 oz jalapeno peppers, \$.89 (Tues)
3 ct multicolored bell peppers, \$2.99 (Tues, Weds)
Pint grape tomatoes, \$1.89 (Sun)
2 avocados, \$2.58 (Tues)
2 Roma tomatoes, \$.40 (Tues)

Total: \$70.92

***** 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, Kosher salt, sea salt, oregano, rosemary, black pepper, paprika, parsley, chili powder, cumin, smoked paprika, thyme, garlic powder, seasoned salt, crushed red pepper

*** 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.*

*Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. *** Pricing may vary by store & region.*