



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

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## *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)

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**Total: \$70.92**

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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, 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.*

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