



ALDI Meal Plan week of 6/26/22 – Find the recipes at MashupMom.com	
Sunday	Italian chicken thighs w/ zucchini & red potatoes
Monday	Tortellini cannellini creamy tomato-beany soup, salad
Tuesday	Slow cooker salsa verde pulled pork tacos, cantaloupe
Wednesday	Southwest pulled pork & potato bowls, bananas
Thursday	Slow cooker BBQ chicken drumsticks, potatoes
Friday	Salsa verde pork & spinach baked taquitos, peaches
Saturday	Leftovers, family pizza night, or order in!

Shopping list (through 6/25):

Dairy & refrigerated

2 blocks 8 oz Happy Farms cheddar, \$3.70 (Tues, Weds, Fri)
 8 oz Happy Farms cream cheese, \$1.39 (Mon, Fri)
 Priano shredded Parmesan, \$2.49 (Sun, Mon, Thurs)
 9 oz Priano Three Cheese tortellini, \$2.99 (Mon)

Frozen

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

Grocery

16 oz jar Specially Selected salsa verde, \$2.49 (Tues)
 Burman's BBQ sauce, \$1.29 (Thurs)
 32 oz box Simply Nature organic vegetable broth, \$1.89 (Mon)
 Can Happy Harvest fire roasted diced tomatoes, \$.91 (Mon)
 Can Dakota's Pride black beans, \$.71 (Weds)
 Can Dakota's Pride cannellini beans, \$.71 (Mon)
 2 packs El Milagro flour tortillas, \$1.96 (Tues, Fri)
 2 cans Casa Mamita diced tomatoes with green chilies, \$1.38 (Sun, Tues)

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Meat

6.5 lb whole boneless pork butt, \$12.94 (Tues, Weds, Fri)

3 lbs bone-in chicken thighs, \$5.97 (Sun)

3 lbs chicken drumsticks, \$5.97 (Thurs)

Produce

Cantaloupe, \$1.99 (Tues)

2 lb bag of peaches, \$1.90 (Sun, Fri)

2 lbs bananas, \$.58 (Weds)

Bunch green onions, \$.89 (Mon, Weds)

2 bags 8 oz spinach, \$3.38 (Mon, Fri)

Bag of garden salad, \$1.49 (Mon)

3 lbs yellow onions, \$2.29 (Mon, Tues, Weds)

5 lbs red potatoes, \$4.49 (Sun, Weds, Thurs)

1.25 lbs zucchini, \$1.86 (Sun)

3 heads garlic, \$1.69 (Sun, Mon, Tues, Weds, Fri)

2 avocados, \$2.58 (Tues)

Total: \$70.82

***** 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, Italian seasoning, oregano, black pepper, sea salt, thyme, basil, smoked paprika, chili powder, cumin, Kosher salt, brown sugar (optional), garlic powder, onion powder, cayenne, everything bagel seasoning (optional)

**** 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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