

|  |
| --- |
| **ALDI Meal Plan week of 6/5/22 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Rosemary chicken & white bean soup, garden salad |
| **Monday** | Slow cooker honey chipotle BBQ chicken sandwiches, leftover soup, tortilla chips |
| **Tuesday** | Simple skillet chicken drumsticks, carrots need butter & thyme |
| **Wednesday** | Cheese tortellini with broccoli & tomatoes, grapes |
| **Thursday** | Easy chipotle turkey chili, chips |
| **Friday** | Spinach feta quesadillas, leftover chili, mangoes |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 6/5):**

*Dairy & refrigerated*

16 oz Friendly Farms sour cream, $1.69 (Thurs, Fri)
4 oz Emporium Selection feta crumbles, $2.29 (Fri)
Emporium Selection shredded Parmesan, $2.29 (Sun, Weds)
8 oz brick Happy Farms mozzarella, $1.85 (Fri)
Happy Farms deli sliced cheddar, $1.50 (Mon)
20 oz Priano three cheese tortellini, $6.49 (Weds)

*Frozen*

Season’s Choice steamable broccoli florets, $.95 (Weds)

*Grocery*

L’Oven Fresh hamburger buns, $.89 (Mon)
Clancy’s restaurant style tortilla chips, $1.85 (Mon, Thurs)
Burman’s BBQ sauce, $.85 (Mon)
32 oz Chef’s Cupboard chicken broth, $1.29 (Sun)
El Milagro flour tortillas, $.98 (Fri)
Pueblo Lindo chipotles in adobo, $1.29 (Mon, Thurs)
2 cans Happy Harvest fire roasted diced tomatoes, $1.82 (Thurs)
Can Dakota’s Pride black beans, $.71 (Thurs)
Can Dakota’s Pride kidney beans, $.71 (Thurs)
Can Dakota’s Pride great northern beans, $.71 (Sun)
Can Dakota’s Pride cannellini beans, $.71 (Sun)

*Meat*

16 oz chub Kirkwood frozen ground turkey, $2.99 (Thurs)
3 lbs boneless skinless chicken thighs, $10.45 (Mon)
5.5 lb family pack chicken drumsticks, $8.20 (Sun, Tues)

*Produce*

2 lbs green grapes, $2.98 (Weds)
2 mangoes, $1.30 (Fri)
2 bags 8 oz spinach, $3.38 (Fri)
Bag of garden salad, $1.45 (Sun)
2 lbs carrots, $1.39 (Sun, Tues)
Bunch green onions, $.89 (Sun, Thurs)
3 lbs yellow onions, $2.29 (Sun, Thurs, Fri)
3 heads of garlic, $1.49 (Sun, Mon, Weds, Thurs, Fri)
Celery, $1.29 (Sun)
2 pints grape tomatoes, $3.78 (Weds, Fri)

-----

**Total: $70.75**

***\*\*\* 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, honey, rosemary, thyme, parsley, smoked paprika, crushed red pepper, bay leaf, sea salt, black pepper, cumin, seasoned salt, garlic powder, oregano, chili powder, cocoa powder*

*\*\* 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.*