



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)

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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.*

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