



ALDI Meal Plan week of 12/11/22 – Find the recipes at MashupMom.com	
Sunday	Roasted chile-lime chicken & potatoes, roasted broccoli & carrots
Monday	30 minute chicken broccoli stir fry, carrot stir fry with green onions, rice
Tuesday	Italian chicken thighs with zucchini & red potatoes
Wednesday	Chicken burrito bowls, side salad
Thursday	Chicken with chunky mango-tomato salsa, crisp sauteed red potatoes
Friday	Honey lime ginger vegetarian stir fry, garlic green beans with soy sauce, rice
Saturday	Leftovers, family pizza night, or order in

Dairy & refrigerated

8 oz block Happy Farms sharp cheddar, \$2.09 (Weds)
 Emporium Selection shredded Parmesan, \$2.49 (Sun, Tues, Weds)

Grocery

Casa Mamita restaurant style salsa, \$2.59 (Weds)
 3 lbs Earthly Grains long grain white rice, \$2.29 (Mon, Weds, Fri)
 32 oz box Chef's Cupboard chicken broth, \$.99 (Weds)
 1 can Dakota's Pride black beans, \$.71 (Weds)
 1 can Happy Harvest diced tomatoes, \$.79 (Tues)
 1 can Casa Mamita diced tomatoes with green chilies, \$.79 (Tues)

Meat

4.5 lb family pack boneless skinless chicken breast, \$12.56 (Mon, Weds, Thurs)
 5.5 lb family pack bone-in chicken thighs, \$10.29 (Sun, Tues)

Produce

1 lb bag of limes, \$2.29 (Sun, Thurs, Fri)
 1 mango, \$.69 (Thurs)

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3 packs 8 oz white mushrooms, \$5.07 (Mon, Fri)
8 oz bag sugar snap peas, \$2.49 (Fri)
16 oz bag green beans, \$1.79 (Fri)
1.5 lbs broccoli crowns, \$2.99 (Sun, Mon)
Bag of Little Salad Bar garden salad, \$1.79 (Weds)
2 lbs carrots, \$1.89 (Sun, Mon)
Bunch green onions, \$.89 (Mon, Weds, Thurs)
8 oz jalapeño peppers, \$.79 (Sun, Thurs)
3 lbs yellow onions, \$1.59 (Weds, Thurs, Fri)
5 lb bag of red potatoes, \$3.99 (Sun, Tues, Thurs)
3 heads garlic, \$1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)
1.25 lbs zucchini, \$1.61 (Tues)
6 Roma tomatoes, \$1.80 (Thurs)
3 pack multi-colored bell peppers, \$2.99 (Weds, Fri)
2 avocados, \$1.18 (Weds)

Total: \$70.92

***** Staple items you'll need – AKA: Check for pantry seasonings & condiments used in this week's recipes, but not included in the shopping list:**

**** Olive oil, butter, canola or vegetable oil, soy sauce, sesame oil, brown sugar, cornstarch, honey, chili powder, oregano, cumin, smoked paprika, garlic powder, crushed red pepper, ground ginger, Italian seasoning, black pepper, Kosher salt, seasoned salt, sea salt**

**** Note: You can often *substitute for and/or omit* some of these staples, depending on the recipe. Read through the recipes before shopping, to see where you may need to re-stock your pantry staples.**

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