



ALDI Meal Plan week of 2/12/23 – Find the recipes at MashupMom.com	
Sunday	Ramen noodle stir fry, garlic green beans, grapes
Monday	25 minute veggie fajitas, slightly smashed garlicky black beans
Tuesday	Ground beef & broccoli stir fry, carrot stir fry, rice, plus any leftover ramen stir fry
Wednesday	Slow cooker garlic lime chicken thighs, creamy rice, salad
Thursday	Ahi tuna poke bowls, grapes
Friday	Oven baked chicken thighs & rice, broccoli with cheddar
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

8 oz block Happy Farms cheddar, \$2.09 (Mon, Fri)
 Countryside Creamery butter quarters, \$4.09 (Tues, Weds)

Frozen

16 oz shelled edamame, \$2.49 (Sun, Thurs)

Grocery

3 lbs Earthly Grains long grain white rice, \$2.29 (Sun, Tues, Weds, Thurs, Fri)
 Fusia soy sauce, \$1.59 (Sun, Tues, Weds, Thurs)
 Fusia ramen noodles, \$2.99 (Sun)
 8 oz Stonemill minced garlic in water, \$2.29 (Sun, Mon, Tues, Weds, Fri)
 32 oz Chef's Cupboard chicken broth, \$1.29 (Weds, Fri)
 El Milagro flour tortillas, \$1.16 (Mon)
 2 cans Dakota's Pride black beans, \$1.58 (Mon)
 Can of Happy Harvest diced tomatoes, \$.89 (Fri)

Meat

2 lbs 80/20 ground beef, \$7.58 (Sun, Tues)
 12 oz ahi tuna (frozen), \$5.49 (Thurs)
 5 lbs family pack chicken thighs, \$8.95 (Weds, Fri)

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Produce

16 oz bag of limes, \$2.29 (Mon, Weds, Thurs)
3 lbs green grapes, \$2.98 (Sun, Thurs)
1 cucumber, \$.69 (Thurs)
2 lbs carrots, \$1.79 (Sun, Tues, Weds, Thurs)
Bag of radishes, \$1.39 (Weds, Thurs)
16 oz green beans, \$1.89 (Sun)
Bunch green onions, \$.89 (Sun, Tues, Thurs)
Bag of garden salad, \$1.79 (Weds)
8 oz mushrooms, \$1.89 (Mon)
1.5 lbs broccoli crowns, \$2.99 (Tues, Fri)
3 lbs yellow onions, \$1.79 (Sun, Mon, Thurs, Fri)
3 pack multi-colored bell peppers, \$2.79 (Mon, Fri)
8 oz jalapeños, \$.79 (Mon)
3 avocados, \$1.47 (Mon, Thurs)
2 Roma tomatoes, \$.40 (Mon)

Total: \$70.60

***** 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, canola oil, sesame oil, honey, brown sugar, corn starch, powdered ginger, crushed red pepper, chili powder, cumin, smoked paprika, oregano, garlic powder, parsley, sea salt, Kosher salt, black pepper*

*** 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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