



<b>ALDI Meal Plan week of 5/21/23 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Slow cooker pulled pork sandwiches, potatoes, oranges
<b>Monday</b>	Southwest pulled pork & potato bowls, oranges
<b>Tuesday</b>	Easy leftover pulled pork chili, tortilla chips
<b>Wednesday</b>	Cheese tortellini with broccoli + tomatoes, baguette
<b>Thursday</b>	Italian chicken thighs with zucchini + red potatoes
<b>Friday</b>	Fajita inspired sheet pan chicken thighs, avocado, tortilla chips
<b>Saturday</b>	Leftovers, pizza night, carryout, mix it up!

### *Dairy & refrigerated*

8 oz block Happy Farms shredded colby jack, \$2.09 (Mon, Tues)  
 Emporium Selection shredded Parmesan, \$2.49 (Sun, Weds, Thurs)  
 2 packs 9 oz Priano three cheese tortellini, \$6.18 (Weds)

### *Frozen*

12 oz Season's Choice steamable sweet corn, \$.95 (Mon)  
 12 oz Season's Choice steamable broccoli florets, \$.99 (Weds)

### *Grocery*

L'Oven Fresh hamburger buns, \$1.29 (Sun)  
 Specially Selected French baguette, \$1.79 (Weds)  
 Clancy's restaurant style tortilla chips, \$1.89 (Tues, Fri)  
 Specially Selected salsa verde, \$3.29 (Tues)  
 Burman's BBQ sauce of choice, \$1.49 (Sun)  
 32 oz Chef's Cupboard chicken broth, \$1.29 (Tues)  
 Can Happy Harvest whole kernel corn, \$.49 (Tues)  
 2 cans Dakota's Pride great northern beans, \$1.42 (Tues)  
 1 can Dakota's Pride black beans, \$.79 (Mon)  
 1 can Happy Harvest diced tomatoes, \$.89 (Thurs)  
 1 can Casa Mamita diced tomatoes with green chilies, \$.85 (Thurs)  
 Stonemill minced garlic in water 8 oz, \$2.29 (Sun, Mon, Weds, Thurs)

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*Meat*

7 lb Smithfield boneless pork butt, \$13.93 (Sun, Mon, Tues)

6 lb family pack bone-in chicken thighs, \$9.54 (Thurs, Fri)

*Produce*

3 lbs cara cara oranges, \$2.99 (Sun, Mon)

Bunch of green onions, \$.85 (Sun, Mon, Tues)

3 lbs yellow onions, \$2.29 (Sun, Mon, Fri)

5 lbs red potatoes, \$3.99 (Sun, Mon, Thurs)

1.25 lbs zucchini, \$1.61 (Thurs)

3 pack multi-colored bell peppers, \$2.79 (Fri)

Grape tomatoes, \$1.89 (Weds)

1 avocado, \$.59 (Fri)

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**Total: \$70.94**

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

*Olive oil, butter, Kosher salt, chili powder, paprika, smoked paprika, cumin, brown sugar, oregano, garlic powder, Italian seasoning, cayenne, bay leaves, crushed red pepper, black pepper, sea salt, seasoned salt, everything bagel seasoning (optional)*

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

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