



ALDI Meal Plan week of 5/7/23 – Find the recipes at MashupMom.com	
Sunday	Rustic mushroom lentil soup, baguette
Monday	Vegetarian three bean + lentil chili, salad
Tuesday	BBQ potato chip turkey cheeseburger bowls, leftover soup
Wednesday	Chicken with chunky mango-tomato salsa, jalapeño lime honey glazed carrots
Thursday	BBQ bacon cheddar chicken sandwiches, chips, leftover chili
Friday	Ground turkey tacos, mangoes
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

8 oz Happy Farms deli sliced cheddar, \$1.99 (Thurs)

12 oz Happy Farms sharp shredded cheddar, \$2.99 (Mon, Tues, Fri)

Grocery

Tuscan Garden ranch dressing, \$1.99 (Mon, Tues)

Specially Selected everything brioche buns, \$3.49 (Thurs)

Specially Selected French baguette, \$1.79 (Sun)

Clancy's barbecue potato chips, \$2.19 (Tues, Thurs)

Burman's original BBQ sauce, \$1.49 (Tues, Thurs)

2 boxes 32 oz Chef's Cupboard chicken broth, \$2.58 (Sun)

32 oz box Simply Nature organic vegetable broth, \$1.89 (Mon)

16 oz Dakota's Pride green lentils, \$1.29 (Sun, Mon)

Can of Casa Mamita diced tomatoes with green chilies, \$.89 (Fri)

Casa Mamita taco shells, \$1.39 (Fri)

2 cans Happy Harvest fire roasted diced tomatoes, \$2.18 (Sun, Mon)

Can Happy Harvest tomato paste, \$.79 (Mon)

Can Dakota's Pride black beans, \$.79 (Mon)

Can Dakota's Pride great northern beans, \$.71 (Mon)

Can Dakota's Pride kidney beans, \$.79 (Mon)

Can Happy Harvest whole kernel corn, \$.49 (Mon)

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Meat & seafood

3.25 lbs Tyson boneless skinless chicken breast, \$7.45 (Weds, Thurs)
36 oz Kirkwood 85/15 ground turkey, \$7.49 (Tues, Fri)
16 oz Appleton Farms premium sliced bacon, \$3.79 (Sun, Thurs)

Produce

1 lb limes, \$1.99 (Weds, Fri)
3 mangoes, \$1.77 (Weds, Fri)
Bunch cilantro, \$.79 (Weds, Fri)
3 hearts romaine, \$2.99 (Mon, Tues)
2 packs 8 oz white mushrooms, \$3.19 (Sun)
2 lbs carrots, \$1.69 (Sun, Mon, Weds)
1 cucumber, \$.69 (Mon, Tues)
3 lbs yellow onions, \$2.29 (Sun, Mon, Tues, Weds, Fri)
3 heads garlic, \$1.49 (Sun, Mon, Weds, Fri)
8 oz jalapeño peppers, \$.69 (Weds, Fri)
3 pack multi-colored bell peppers, \$2.49 (Mon, Tues)
12 Roma tomatoes, \$2.40 (Tues, Weds, Fri)

Total: \$70.92

***** 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, canola oil, honey, balsamic vinegar, brown sugar, baking cocoa, garlic salt, smoked paprika, thyme, rosemary, cayenne, bay leaves, chili powder, oregano, cumin, garlic powder, sea salt, salt, black pepper

**** 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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