



ALDI Meal Plan week of 6/18/23 – Find the recipes at MashupMom.com	
Sunday	Lemon garlic chicken thighs with tomato cucumber salad
Monday	Simple summer salad with chicken & blueberries
Tuesday	Chicken & mushroom sandwiches with avocado spread, salad
Wednesday	Garlicky shrimp with cheddar, chickpeas, & zucchini, blueberries, salad
Thursday	Slow cooker cheesy chicken enchilada chili, toasted Italian bread
Friday	Vegetarian white bean wraps, leftover chili
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

- 16 oz Friendly Farms sour cream, \$1.69 (Thurs, Fri)
- 8 oz Happy Farms sharp cheddar block, \$2.09 (Weds, Thurs)
- 4 oz Emporium Selection feta crumbles, \$1.49 (Mon, Fri)

Grocery

- 6 oz Southern Grove pepitas, \$2.29 (Mon, Tues)
- 16 oz Specially Selected salsa verde, \$3.49 (Thurs)
- L'Oven Fresh multigrain flatbread wraps, \$1.49 (Fri)
- 20 oz L'Oven Fresh Italian bread, \$2.09 (Tues, Thurs)
- 4 oz can Pueblo Lindo chopped green chiles, \$.79 (Thurs)
- Can of Happy Harvest fire roasted diced tomatoes, \$1.09 (Thurs)
- Can of Happy Harvest tomato sauce, \$.39 (Thurs)
- 2 cans Dakota's Pride garbanzo beans (chickpeas), \$1.58 (Weds)
- 1 can Dakota's Pride great northern beans, \$.69 (Fri)
- 1 can Dakota's Pride cannellini beans, \$.79 (Fri)
- 2 cans Dakota's Pride black beans, \$1.58 (Thurs)

Meat & seafood

- Fremont Fish Market large raw peeled & deveined wild Gulf shrimp 12 oz, \$6.89 (frozen) (Weds)
- 4 lbs bone-in chicken thighs, \$6.36 (Sun)
- 4 lb family pack boneless skinless chicken breast, \$9.16 (Mon, Tues, Thurs)

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Produce

2 lbs lemons, \$2.89 (Sun, Mon, Tues, Weds, Fri)
Pint blueberries, \$2.49 (Mon, Weds)
2 cucumbers, \$1.38 (Sun, Fri)
8 oz white mushrooms, \$1.59 (Tues)
Bunch green onions, \$.85 (Mon, Tues, Thurs, Fri)
8 oz spinach, \$1.29 (Weds, Fri)
16 oz Simply Nature organic spring mix, \$4.99 (Mon, Tues, Weds)
3 lbs yellow onions, \$2.29 (Weds, Fri)
3 heads garlic, \$1.49 (Sun, Mon, Weds, Fri)
20 oz zucchini, \$1.61 (Weds)
5 avocados, \$2.95 (Mon, Tues, Fri)
10 oz grape tomatoes, \$1.99 (Sun)
4 Roma tomatoes, \$1.20 (Fri)

Total: \$70.96

***** 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, red wine vinegar, dijon mustard, honey, Italian seasoning, chili powder, garlic powder, rosemary, oregano, parsley, cumin, cayenne, sea salt, seasoned salad, Kosher salt, black pepper, crushed red pepper, salad dressing

**** 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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