

|  |
| --- |
| **ALDI Meal Plan week of 5/23/21 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Bacon-wrapped chicken, spring mix salad |
| **Monday** | Jalapeño popper grilled cheese, pineapple |
| **Tuesday** | Chicken with chunky mango-tomato salsa, sourdough garlic toast |
| **Wednesday** | Easy veggie fajitas, tortilla chips, tomato cucumber salad |
| **Thursday** | Shrimp taco salad, mangoes |
| **Friday** | Slow cooker garlic-lime chicken thighs, honey baked beans, sliced tomato |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 5/22):**

*Dairy & refrigerated*

12 oz Happy Farms shredded cheddar, $3.19 (Mon, Weds, Thurs)
8 oz Happy Farms cream cheese, $1.29 (Mon)

*Grocery*

Specially Selected square sourdough loaf, $3.19 (Mon, Tues)
Clancy’s restaurant style tortilla chips, $1.95 (Weds, Thurs)
28 oz can Dakota’s Pride honey baked beans, $1.39 (Fri)
Can Dakota’s Pride black beans, $.59 (Thurs)
El Milagro flour tortillas, $.98 (Weds)

*Meat*

16 oz Appleton Farms sliced bacon, $3.99 (Sun, Mon)
4 lbs boneless skinless chicken breast, $7.56 (Sun, Tues)
12 oz Fremont Fish Market medium raw shrimp (frozen), $4.99 (Thurs)
3 lbs bone-in chicken thighs, $3.87 (Fri)

*Produce*

16 oz organic spring mix salad, $4.19 (Sun, Thurs)
Whole pineapple, $1.59 (Mon)
3 red mangoes, $1.47 (Tues, Thurs)
3 pack multi-colored bell peppers, $2.99 (Sun, Weds)
3 lbs yellow onions, $2.29 (Tues, Weds,
3 heads garlic, $1.29 (Mon, Weds, Thurs, Fri)
Bunch green onions, $.79 (Sun, Thurs)
Bunch cilantro, $.79 (Tues, Weds)
8 oz jalapeños, $.69 (Mon, Tues, Weds)
16 oz limes, $2.49 (Tues, Weds, Thurs, Fri)
1 cucumber, $.59 (Weds)
2 packs 24 oz vine-ripe tomatoes, $2.98 (Sun, Tues, Weds, Fri)
Pint grape tomatoes, $1.89 (Thurs)
8 oz white mushrooms, $1.89 (Weds)
2 avocados, $1.98 (Weds, Thurs)

**Total: $60.90**

***Staple items you’ll need – AKA: Pantry seasonings & condiments used in this week’s recipes, but not in the shopping list:***

*Olive oil, sesame oil, butter, Kosher salt, paprika, Italian seasoning, garlic powder, chili powder, brown sugar, black pepper, oregano, cumin, sea salt, smoked paprika, red wine vinegar, hot sauce, honey, soy sauce, crushed red pepper, powdered ginger*

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