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| **ALDI Meal Plan week of 6/20/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | BBQ ribs, chipotle-cheddar mashed potatoes |
| **Monday** | Cheese tortellini with broccoli & tomatoes, Italian bread, grapes |
| **Tuesday** | Easy pork & pepper fajitas, grapes |
| **Wednesday** | Chicken with chunky mango-tomato salsa, sauteed spinach |
| **Thursday** | Roasted chile-lime chicken & potatoes, baked Parmesan zucchini rounds |
| **Friday** | Leftover chicken taco soup, side salad |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 6/19):**

*Dairy & refrigerated*

Two 9 oz Priano three cheese and/or tri-colored tortellini, $3.98 (Mon)
Priano shredded Parmesan, $1.99 (Mon, Thurs)
12 oz Happy Farms shredded cheddar, $3.19 (Sun, Tues, Fri)

*Frozen*

12 oz Season’s Choice steamable frozen broccoli florets, $.95 (Mon)

*Grocery*

Specially Selected take-and-bake Italian bread, $2.39 (Mon)
Burman’s BBQ sauce of choice, $.95 (Sun)
32 oz Chef’s Cupboard chicken broth, $1.19 (Sun, Fri)
El Milagro flour tortillas, $.98 (Tues)
Pueblo Lindo chipotles in adobo, $1.09 (Sun, Fri)
1 can Casa Mamita diced tomatoes with green chilies, $.69 (Fri)
1 can Dakota’s Pride black beans, $.69 (Fri)
1 can Happy Harvest whole kernel corn, $.49 (Fri)
1 can Happy Harvest tomato sauce, $.29 (Fri)

*Meat*

4 lbs bone-in spareribs, $7.56 (Sun)
1 lb boneless center cut pork chops, $3.99 (Tues)
2 lbs boneless skinless chicken breast, $4.58 (Weds)
4.5 lbs bone-in chicken thighs, $4.46 (Thurs, Fri)

*Produce*

16 oz limes, $2.49 (Tues, Weds, Thurs)
2 lbs red grapes, $1.50 (Mon, Tues)
1 red mango, $.69 (Weds)
8 oz bag spinach, $1.49 (Weds)
Little Salad Bar garden salad, $1.69 (Fri)
Bunch green onions, $.79 (Sun, Fri)
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $2.49 (Tues, Weds, Fri)
5 lbs baking potatoes, $2.69 (Sun, Thurs)
3 pack multi-colored bell peppers, $2.99 (Tues, Fri)
20 oz zucchini, $1.61 (Thurs)
8 oz jalapeños, $.69 (Weds, Thurs)
Pint grape tomatoes, $1.89 (Mon)
24 oz on the vine tomatoes, $2.99 (Weds, Fri)
1 avocado, $1.09 (Tues)

**Total: $65.84**

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

*Olive oil, butter, sea salt, Kosher salt, seasoned salt, black pepper, cumin, Italian seasoning, smoked paprika, chili powder, garlic powder, crushed red pepper, cayenne, oregano*

*\*\* 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.*