

MEAL PLANNING

SHOPPING LIST

momsbyheart.net

For 1/14 – 1/20

Fruit/Veggies

Garlic
Romaine
Veggies for sides (whatever is on sale at Aldi)
Green Pepper
Onion
Serrano Pepper
Tomato
Cilantro
Parsley
Yukon Gold Potatoes (3 med)
Mushrooms (1 cup)
Lemon

Meat

Chicken Legs
Ground Pork
Chicken Breast
Ground Beef (for 2 meals)

Bread & Cereal

Bread for grilled cheese
White Corn Tortillas

Canned/Baking/Middle Aisles

Bread Flour
Yeast
Quick Cooking Oats
Pizza Sauce
Pepperoni
BBQ Sauce
Dijon Mustard
Diced Tomatoes (28 oz)
Tomato Paste for chili (6 oz)
(2) Cans Kidney Beans (15 oz each)
Tomato Sauce (15 oz)
Spaghetti Sauce
Spaghetti Noodles
Check [spices for homemade chorizo](#) to be sure you have them all

Dairy

English Muffins
Mozzarella Cheese (1 c)
Parmesan Cheese (2 c)
Monterey Jack Cheese (2 c)
2 Dozen Eggs
Cheese Slices
Heavy Cream
Light Cream
Butter