

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 3/3/19 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Chicken potato pizza bake, sauteed spinach, oranges, grapes |
| **Monday** | Roasted asparagus grilled cheese, pineapple, blue corn tortilla chips |
| **Tuesday** | Spice rubbed fish tacos, cucumber tomato salad, oranges, tortilla chips |
| **Wednesday** | Sheet pan Parmesan chicken thighs + green beans, asparagus, garlic butter mushrooms |
| **Thursday** | Creamy avocado pasta w/ chicken, garlic bread, salad |
| **Friday** | Pollock & asparagus packets, baked potatoes |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 3/2)**

*Dairy & refrigerated*

Happy Farms sour cream, $.99 (Tues, Thurs, Fri)  
Countryside Creamery 16 oz butter quarters, $3.14 (Mon, Weds, Thurs, Fri)  
8 oz Happy Farms brick mozzarella, $1.99 (Sun)  
8 oz Happy Farms deli sliced Havarti, $2.29 (Mon)  
Priano shredded Parmesan, $1.99 (Sun, Mon, Weds, Fri)

*Grocery*

Specially Selected sourdough square, $2.89 (Mon, Thurs)  
Burman’s dijon mustard, $1.49 (Mon, Weds)  
SimplyNature organic blue corn tortilla chips, $1.89 (Mon, Tues)  
12 oz Reggano rotini, $.79 (Thurs)  
El Milagro corn tortillas, $.35 (Tues)  
Can Happy Harvest fire roasted diced tomatoes, $.89 (Sun)  
8 oz can Happy Harvest tomato sauce, $.29 (Sun)  
Casa Mamita diced tomatoes with green chilies, $.65 (Thurs)  
Stonemill 8 oz minced garlic in water, $1.79 (Sun, Tues, Weds, Thurs, Fri)

*Meat*

Mama Cozzi 6 oz pepperoni, $2.19 (Sun, Thurs)  
3.25 lbs boneless skinless chicken thighs, $4.84 (Sun, Weds, Thurs)  
32 oz Fremont Fish Market value pack pollock fillets, $4.99 (Tues, Fri)

*Produce*

4 lbs navel oranges, $1.99 (Sun, Tues)  
1 lb green grapes, $.99 (Sun)  
Pineapple, $1.59 (Mon)  
1 lb limes, $1.89 (Sun, Tues, Thurs, Fri)  
Garden salad, $.89 (Thurs)  
8 oz bag spinach, $1.19 (Sun)  
1 lb green beans, $1.39 (Weds)  
Two 8 oz mushrooms, $3.18 (Weds)  
2 lbs asparagus, $2.98 (Mon, Weds, Fri)  
1 lb mini cucumbers, $1.49 (Tues, Thurs)  
Bunch green onions, $.99 (Sun, Tues, Fri)  
3 lbs yellow onions, $1.69 (Tues, Thurs)  
5 lbs baking potatoes, $2.49 (Sun, Fri)  
3 Roma tomatoes, $.60 (Tues, Thurs)  
Pint grape tomatoes, $1.99 (Tues)  
4 avocados, $1.98 (Tues, Thurs)

**Total: $60.77**

*Note: The days(s) on the shopping list show which meal(s) an item will be used in. If you’re skipping a night, you can easily delete items you don’t need to purchase.*