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| **ALDI Meal Plan week of 3/24/19 – Find the recipes at MashupMom.com** |
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| **Sunday** | Simple roast chicken + vegetables, salad |
| **Monday** | Vegetarian lemon chickpea wraps, blackberries, salad |
| **Tuesday** | Easy spice rubbed fish tacos, pineapple |
| **Wednesday** | Sheet pan lemon garlic chicken w/ potatoes & carrots, Parmesan roasted broccoli |
| **Thursday** | Caprese chicken + kale skillet, oven roasted potatoes, salad |
| **Friday** | Almond Parmesan crusted cod with garlicky spinach, cantaloupe |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 3/23)**

*Dairy & refrigerated*

8 oz brick Happy Farms mozzarella, $1.99 (Tues, Thurs)
Priano shredded Parmesan, $1.99 (Weds, Thurs, Fri)

*Grocery*

L’Oven Fresh spinach herb wraps, $2.29 (Mon)
El Milagro corn tortillas, $.35 (Tues)
2 cans Dakota’s Pride chickpeas (garbanzo beans), $1.38 (Mon)
6 oz Southern Grove sliced almonds, $2.89 (Sun, Mon, Thurs, Fri)

*Meat*

4 lb whole chicken, $3.80 (Sun)
3.5 lbs boneless skinless chicken thighs, $5.92 (Weds, Thurs)
32 oz Fremont Fish Market value pack Alaskan cod fillets (frozen), $9.89 (Tues, Fri)

*Produce*

2 lbs lemons, $1.79 (Mon, Tues, Weds, Fri)
6 oz blackberries, $1.29 (Mon)
Pineapple, $1.29 (Tues)
Cantaloupe, $.99 (Fri)
16 oz SimplyNature organic spring mix salad, $3.99 (Sun, Mon, Thurs)
14 oz SimplyNature organic chopped kale, $3.19 (Sun, Thurs)
8 oz bag spinach, $1.19 (Fri)
2 lbs carrots, $1.09 (Sun, Weds)
8 oz mushrooms, $1.59 (Sun)
1 lb broccoli crowns, $1.69 (Weds)
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Weds, Thurs)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)
5 lbs red potatoes, $2.99 (Sun, Weds, Thurs)
2 pints grape tomatoes, $3.98 (Mon, Tues, Thurs)
3 avocados, $2.07 (Mon, Tues)

**Total: $60.62**

*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.*