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| **ALDI Meal Plan week of 3/10/19 – Find the recipes at MashupMom.com** |
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| **Sunday** | Ground beef gyros, strawberries |
| **Monday** | Greek yogurt lemon linguine with asparagus & mushrooms, salad |
| **Tuesday** | Sheet pan Mediterranean salad with lemon yogurt dressing |
| **Wednesday** | Tortellini soup with chicken, salad |
| **Thursday** | Baked lemon chicken with asparagus & mushrooms, carrots & celery side dish |
| **Friday** | Garlic shrimp with roasted cauliflower, white beans, & tomatoes, baguette |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 3/9)**

*Dairy & refrigerated*

32 oz Friendly Farms plain whole milk Greek yogurt, $3.69 (Sun, Mon, Tues)
9 oz Priano five cheese tortellini, $1.79 (Weds)
Priano shredded Parmesan, $1.99 (Mon, Weds, Fri)

*Grocery*

L’Oven Fresh pita bread, $1.49 (Sun)
Bake Shop French baguette, $1.69 (Fri)
Tuscan Garden Kalamata olives, $1.99 (Tues, Weds)
Two 32 oz boxes Chef’s Cupboard chicken broth, $2.78 (Weds, Thurs)
16 oz box SimplyNature organic linguine, $1.09 (Mon)
1 can Dakota’s Pride chickpeas (garbanzo beans), $.69 (Tues)
1 can Dakota’s Pride Great Northern beans, $.69 (Fri)
2 cans Happy Harvest fire roasted diced tomatoes, $1.78 (Weds, Fri)
Stonemill 8 oz minced garlic in water, $1.79 (Sun, Mon, Tues, Weds, Thurs, Fri)

*Meat*

4 lbs boneless skinless chicken breast, $6.76 (Tues, Weds, Thurs)
1.5 lbs 80/20 ground beef, $4.34 (Sun)
Fremont Fish Market 12 oz easy peel raw medium shrimp, $4.49 (Fri)

*Produce*

24 oz tomatoes on the vine, $1.49 (Sun, Mon, Tues, Weds)
2 lbs lemons, $1.79 (Sun, Mon, Tues, Weds, Thurs, Fri)
16 oz SimplyNature organic spring mix salad, $3.99 (Sun, Mon, Tues, Weds)
8 oz bag spinach, $1.19 (Tues, Weds)
Two 8 oz mushrooms, $3.18 (Mon, Thurs)
2 lbs carrots, $1.09 (Weds, Thurs)
2 lbs asparagus, $2.98 (Mon, Thurs)
2 cucumbers, $.98 (Sun, Mon, Tues)
1 head cauliflower, $2.49 (Tues, Fri)
1 lb strawberries, $1.69 (Sun)
3 lbs yellow onions, $1.69 (Sun,
Celery, $1.29 (Weds, Thurs)

**Total: $60.90**

*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.*