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| **ALDI Meal Plan week of 2/14/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Smoked salmon, avocado, & ricotta frittata, sourdough toast, strawberries |
| **Monday** | Easy cheesy vegetarian pasta skillet, sourdough garlic bread |
| **Tuesday** | Garlic soy pork with edamame rice, mandarins |
| **Wednesday** | Sausage, peppers, & onions (plus artichoke) naan pizza, mandarins |
| **Thursday** | Leftover pork fried rice, egg drop soup |
| **Friday** | Sheet pan chicken drumsticks & veggies |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 2/13):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $.94 (Sun, Thurs)  
Emporium Selection whole milk ricotta, $1.89 (Sun, Mon)  
16 oz Happy Farms shredded mozzarella, $3.99 (Sun, Mon, Weds)

*Frozen*

16 oz shelled edamame, $1.89 (Tues, Thurs)

*Grocery*

Specially Selected square sourdough loaf, $3.09 (Sun, Mon)  
Specially Selected naan, $3.99 (Weds)  
Tuscan Garden 12 oz quartered marinated artichoke hearts, $2.65 (Mon, Weds)  
12 oz box Reggano farfalle (bowtie pasta), $.99 (Mon)  
24 oz Reggano marinara, $1.49 (Mon)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Thurs)  
3 lbs Earthly Grains long grain white rice, $1.99 (Tues, Thurs)

*Meat*

3 oz Specially Selected cold smoked salmon, $3.99 (Sun)  
2 lbs boneless center cut pork chops, $6.98 (Tues, Thurs)  
Parkview Polksa kielbasa, $2.35 (Weds)  
2 lbs chicken drumsticks, $1.58 (Fri)

*Produce*

16 oz strawberries, $1.49 (Sun)  
3 lbs mandarins, $2.89 (Tues, Weds)  
Bunch green onions, $.79 (Sun, Tues, Thurs)  
2 packs 8 oz mushrooms, $3.78 (Mon, Fri)  
8 oz bag of spinach, $1.35 (Mon)   
16 oz baby carrots, $.89 (Thurs, Fri)  
1.5 lbs broccoli, $2.24 (Thurs, Fri)  
3 lbs yellow onions, $2.29 (Sun, Mon, Weds, Fri)  
3 heads of garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 pack multicolored bell peppers, $3.29 (Mon, Weds, Fri)  
1 avocado, $.79 (Sun)

**Total: $60.09**

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

*Olive oil, canola oil, sesame oil, butter, soy sauce, sea salt, salt, oregano, crushed red pepper, black pepper, brown sugar, ground ginger, seasoned salt, thyme, rosemary*

*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.*