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| **ALDI Meal Plan week of 3/28/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Roasted broccoli, cauliflower, & chicken sausage casserole, oven roasted Brussels sprouts |
| **Monday** | Black bean, tomato, & spinach frittata, cantaloupe |
| **Tuesday** | Ground beef & broccoli stir fry, vegetables lo mein |
| **Wednesday** | Easy chipotle turkey chili, sourdough toast |
| **Thursday** | Korean style ground beef & spinach rice bowls, Cara Cara oranges |
| **Friday** | Pasta Florentine with salmon, garlic bread, oranges |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 3/27):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.01 (Mon, Thurs)  
Friendly Farms 16 oz sour cream, $1.49 (Sun, Mon)  
16 oz Happy Farms shredded cheddar, $3.99 (Sun, Mon, Weds)  
Priano shredded Parmesan, $1.99 (Sun, Fri)

*Frozen*

Season’s Choice steamable frozen Asian medley, $1.50 (Tues)  
Season’s Choice steamable frozen broccoli stir fry, $1.50 (Tues)

*Grocery*

Specially Selected sourdough square, $3.09 (Weds, Fri)  
3 lbs Earthly Grains long grain white rice, $2.09 (Tues, Thurs)  
16 oz Simply Nature organic spaghetti (or whole wheat spaghetti), $1.09 (Tues, Fri)  
2 cans Dakota’s Pride black beans, $1.18 (Mon, Weds)  
Can Dakota’s Pride kidney beans, $.59 (Weds)

2 cans Happy Harvest fire roasted diced tomatoes, $1.78 (Weds)  
Pueblo Lindo chipotles in adobo, $1.09 (Mon, Weds)

*Meat*

12 oz Never Any! chicken apple sausage, $3.09 (Sun)  
2 lbs 80% lean ground beef, $5.78 (Tues, Thurs)  
19.2 oz Kirkwood ground turkey, $3.89 (Weds)  
16 oz Fremont Fish Market frozen wild caught pink salmon, $4.09 (Fri)

*Produce*

16 oz Brussels sprouts, $1.99 (Sun)  
Cantaloupe, $1.49 (Mon)  
3 lbs Cara Cara oranges, $2.49 (Thurs, Fri)  
Head of cauliflower, $2.49 (Sun)  
1.25 lbs broccoli crowns, $1.86 (Sun, Tues)  
2 bags 8 oz spinach, $2.98 (Mon, Thurs, Fri)  
Bunch green onions, $.79 (Sun, Tues, Weds, Thurs)  
3 lbs yellow onions, $2.49 (Sun, Mon, Tues, Weds, Fri)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Thurs, Fri)  
2 pints grape tomatoes, $3.78 (Mon, Fri)

**Total: $60.79**

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

*Olive oil, vegetable or canola oil, sesame oil, soy sauce, black pepper, salt, sea salt, seasoned salt, smoked paprika, chili powder, oregano, cumin, parsley, basil, garlic powder, ground ginger, crushed red pepper, cayenne, brown sugar, corn starch, cocoa powder, butter, Sriracha*

*\*\* 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.*