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| **ALDI Meal Plan week of 3/7/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Broccoli cheddar soup with sausage, side salad |
| **Monday** | Pasta salad with white beans & asparagus, grapes |
| **Tuesday** | Chicken avocado mozzarella chopped salad, grapes, leftover pasta salad |
| **Wednesday** | Sheet pan chicken asparagus dinner, carrots need butter & thyme |
| **Thursday** | Chicken and bell pepper saute, pasta with broccoli |
| **Friday** | Pasta Florentine with salmon, ultimate garlic bread |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 3/6):**

*Dairy & refrigerated*

1/2 gallon Friendly Farms whole milk, $1.29 (Sun)  
Happy Farms 7 oz deli sliced Swiss, $1.99 (Weds)  
8 oz Happy Farms sharp cheddar cheese block, $1.99 (Sun)  
8 oz Happy Farms mozzarella cheese block, $1.99 (Tues)  
4 oz Emporium Selection feta cheese crumbles, $2.19 (Sun, Mon)  
Priano shredded Parmesan, $1.99 (Thurs, Fri)

*Grocery*

Specially Selected French baguette, $1.49 (Fri)  
Burman’s dijon mustard, $1.59 (Sun, Weds)  
Specially Selected Greek vinaigrette, $2.69 (Sun, Mon, Tues)  
6 oz can Tuscan Garden black olives, $1.49 (Sun, Mon)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Sun, Thurs)  
12 oz Reggano farfalle (bowtie) pasta, $.99 (Mon)  
16 oz Priano bronze cut fettuccine, $1.09 (Thurs, Fri)  
Can Dakota’s Pride cannellini beans, $.59 (Mon)

*Meat*

4.25 lbs boneless skinless chicken breast, $7.18 (Tues, Weds, Thurs)  
Parkview Polska kielbasa, $2.39 (Sun)  
16 oz Fremont Fish Market wild caught pink salmon, $4.19 (frozen) (Fri)

*Produce*

2 lbs red grapes, $1.90 (Mon, Tues)  
2 lbs asparagus, $2.78 (Mon, Weds)  
Cucumber, $.49 (Tues)  
3 hearts romaine, $2.49 (Sun, Tues)  
8 oz spinach, $1.49 (Fri)  
1 lb broccoli crowns, $1.49 (Sun, Thurs)  
2 lbs carrots, $1.29 (Sun, Weds)  
Bunch green onions, $.79 (Sun, Tues)  
3 heads garlic, $1.29 (Sun, Weds, Thurs, Fri)  
2 lbs red onions, $1.99 (Sun, Mon, Thurs, Fri)  
3 pack multi-colored bell peppers, $3.29 (Tues, Thurs)  
1 avocado, $.79 (Tues)  
24 oz tomatoes on the vine, $2.24 (Mon, Tues)  
Pint grape tomatoes, $1.89 (Fri)

**Total: $60.53**

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

*Olive oil, butter, flour, paprika, black pepper, sea salt, salt, seasoned salt, thyme, garlic powder, crushed red pepper, oregano, parsley, basil*

*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.*