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| **ALDI Meal Plan week of 4/4/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | Ham, asparagus, mashed sweet potatoes, cinnamon sugar pie crust cookies |
| **Monday** | Ham hand pies with spinach, salad |
| **Tuesday** | Leftover ham & asparagus quiche, grapes, toast |
| **Wednesday** | Roasted asparagus grilled cheese, grapes, salad |
| **Thursday** | Sausage & sweet potato sheet pan dinner, tomatoes |
| **Friday** | Smoked salmon scramble, broccoli, salad |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 4/3):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.05 (Mon, Tues, Fri)
Friendly Farms sour cream, $1.49 (Sun, Tues)
2 boxes Bake House Creations refrigerated pie crust, $3.30 (Sun, Mon, Tues)
Happy Farms 8 oz cream cheese, $.99 (Mon, Fri)
Countryside Creamery butter quarters, $1.89 (Sun, Tues, Weds, Fri)
8 oz block Happy Farms sharp cheddar, $1.95 (Mon, Tues)
Emporium Selected deli sliced Havarti, $2.49 (Weds)
Priano shredded Parmesan, $1.99 (Weds, Fri)

*Grocery*

Sourdough square bread, $3.09 (Tues, Weds)
Burman’s Dijon mustard, $1.65 (Mon, Tues, Weds)

*Meat*

9 lb ham, $7.65 (Sun, Mon, Tues)

Parkview Polska kielbasa, $2.49 (Thurs)
Specially Selected 3 oz smoked salmon, $3.99 (Fri)

*Produce*

2 lbs asparagus, $3.98 (Sun, Tues, Weds)
4.5 lbs sweet potatoes, $2.66 (Sun, Thurs)
2 lbs red grapes, $1.98 (Tues, Weds)
24 oz tomatoes on the vine, $1.99 (Mon, Weds, Thurs)
3 heads garlic, $1.29 (Sun, Mon)
3 lbs yellow onions, $2.49 (Mon, Tues, Thurs)
Bunch green onions, $.79 (Sun, Fri)
16 oz organic spring mix, $3.59 (Mon, Weds, Fri)
8 oz bag spinach, $1.49 (Mon)
8 oz baby bella mushrooms, $2.09 (Thurs)
1 cucumber, $.59 (Mon, Weds)
24 oz broccoli, $2.24 (Thurs, Fri)

**Total: $59.20**

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

*Olive oil, sesame oil, brown sugar, sugar, cinnamon, everything bagel seasoning (can substitute, see note in plan), sea salt, salt, black pepper, crushed red pepper, thyme, cayenne, seasoned salt, sage, Italian seasoning*

*\*\* 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.*