

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 3/13/22 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Sheet pan rosemary chicken drumsticks, stir fried carrots, strawberries |
| **Monday** | Creamy tomato hummus soup, Italian bread, oranges |
| **Tuesday** | Baked dry rub chicken drumsticks, roasted potatoes, sliced tomatoes & cucumber |
| **Wednesday** | Egg roll in a noodle bowl, egg drop soup, oranges |
| **Thursday** | Slow cooker corned beef & carrots, stir fried cabbage, pineapple |
| **Friday** | Smoked salmon scramble, crisp sauteed red potatoes, steamed broccoli |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 3/12):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.59 (Weds, Fri)  
Countryside Creamery unsalted butter quarters, $2.99 (Sun, Mon, Tues, Fri)  
8 oz brick cream cheese, $1.25 (Mon, Fri)  
10 oz Park Street Deli roasted red pepper hummus, $2.29 (Mon)

*Grocery*

Specially Selected Italian bread loaf, $2.99 (Mon)  
Burman’s soy sauce, $1.39 (Sun, Weds)  
7 oz Simply Nature organic black soybean spaghetti, $3.09 (Weds)  
28 oz can Happy Harvest crushed tomatoes, $.89 (Mon)  
2 boxes 32 oz Chef’s Cupboard chicken broth, $2.38 (Mon, Weds, Thurs)

*Meat*

4.5 lbs chicken drumsticks, $4.01 (Sun, Tues)  
1.3 lb package 93% lean ground turkey, $4.69 (Weds)  
3 lbs point cut corned beef, $8.97 (Thurs)  
3 oz Specially Selected cold smoked salmon, $4.29 (Fri)

*Produce*

5 lbs red potatoes, $2.89 (Sun, Tues, Fri)  
4 lbs oranges, $3.99 (Mon, Weds)  
Pineapple, $1.99 (Thurs)  
2 lbs strawberries, $3.18 (Sun)  
1.5 lbs broccoli crowns, $3.44 (Sun, Fri)  
2 lbs carrots, $1.29 (Sun, Weds, Thurs)  
2 bunches green onions, $1.58 (Sun, Weds, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Weds, Thurs)  
3 lbs yellow onions, $1.69 (Mon, Weds, Thurs)  
Large head of cabbage, $1.13 (Weds, Thurs)  
4 Roma tomatoes, $.80 (Tues)  
1 cucumber, $.59 (Tues)

-----

**Total: $64.68**

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

*Olive oil, sesame oil, coarse ground mustard, brown sugar, rosemary, paprika, smoked paprika, sea salt, salt, Kosher salt, black pepper, thyme, basil, caynne, chili powder, garlic powder, ground ginger, crushed red pepper flakes, turmeric*

*\*\* 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.*