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| **ALDI Meal Plan week of 3/27/22 – Find the recipes at MashupMom.com** |
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| **Sunday** | Sausage, egg, & spinach hand pies, strawberries |
| **Monday** | Many mushroom quesadillas, easy black bean soup, tortilla chips |
| **Tuesday** | Smoked sausage & veggies skillet, toasted Italian bread |
| **Wednesday** | Beef, tomato, & spinach tortellini, garlic bread |
| **Thursday** | Easy chipotle chili, tortilla chips |
| **Friday** | Smoked salmon, avocado, & ricotta frittata, mangoes |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 3/26):**

*Dairy & refrigerated*

2 blocks 8 oz Happy Farms cheddar, $3.78 (Sun, Mon, Thurs)
Priano shredded Parmesan, $2.19 (Tues, Weds)
8 oz block Happy Farms mozzarella, $1.89 (Fri)
Emporium Selection whole milk ricotta, $1.69 (Fri)
Dozen Goldhen large eggs, $1.27 (Sun, Fri)
Bake House Creations refrigerated pie crust, $1.69 (Sun)
9 oz Priano 3 cheese tortellini, $2.99 (Weds)

*Grocery*

Clancy’s tortilla chips, $1.25 (Mon, Thurs)
L’Oven Fresh Italian bread, $1.79 (Tues, Weds)
32 oz box Chef’s Cupboard chicken broth, $1.19 (Mon)
El Milagro flour tortillas, $.98 (Mon)
Can Pueblo Lindo chipotles in adobo, $1.29 (Mon, Thurs)
4 cans Dakota’s Pride black beans, $2.76 (Mon, Thurs)
1 can Dakota’s Pride kidney beans, $.69 (Thurs)
2 cans Happy Harvest fire roasted diced tomatoes, $1.92 (Thurs)

*Meat*

2 lbs 80/20 ground beef, $7.98 (Weds, Thurs)
16 oz Appleton Farms pork sausage roll, $2.49 (Sun)
Parkview Polska kielbasa, $3.29 (Tues)
Specially Selected 3 oz smoked salmon, $4.19 (Fri)

*Produce*

3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Weds, Thurs)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs)
1.25 lbs zucchini, $1.61 (Tues)
8 oz spinach, $1.59 (Sun, Weds)
3 packs 8 oz mushrooms, $5.07 (Mon, Tues)
2 lbs strawberries, $3.98 (Sun)
Bunch green onions, $.79 (Mon, Thurs, Fri)
7 Roma tomatoes, $1.40 (Tues, Weds)
1 avocado, $1.09 (Fri)
2 mangoes, $1.78 (Fri)

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**Total: $65.81**

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

*Olive oil, butter, crushed red pepper, smoked paprika, cumin, sea salt, oregano, cocoa powder, Italian seasoning, basil, black pepper, garlic salt, chili powder*

*\*\* 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.*