



| ALDI Meal Plan week of 3/27/22 – Find the recipes at MashupMom.com | |
|---|---|
| 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 Golden 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)

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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)

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.*

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