

|  |
| --- |
| **ALDI Meal Plan week of 3/6/22 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Lemon garlic chicken thighs with tomato cucumber salad, stir fried celery & carrots |
| **Monday** | Roasted asparagus grilled cheese, grapes |
| **Tuesday** | Olive Garden dressing sheet pan chicken dinner, Cara Cara oranges |
| **Wednesday** | Tuscan style chicken & white bean soup, sourdough toast |
| **Thursday** | Sheet pan chicken asparagus dinner, Cara Cara oranges |
| **Friday** | BBQ potato chip baked swai, sauteed spinach |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 3/5):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Sun, Mon, Tues, Weds)
7 oz Emporium Selection deli sliced Havarti, $2.29 (Mon)
7 oz Happy Farms deli sliced Swiss, $1.99 (Mon, Thurs)

*Grocery*

Specially Selected sourdough square, $3.29 (Mon, Weds)
Clancy’s 8 oz mesquite barbecue kettle chips, $1.49 (Fri)
Tuscan Garden restaurant style Italian dressing, $1.99 (Tues, Fri)
32 oz Chef’s Cupboard chicken broth, $1.19 (Weds)
2 cans Dakota’s Pride cannellini beans, $1.18 (Weds)

*Meat*

5 lbs bone-in chicken thighs, $5.95 (Sun)
4.5 lbs boneless skinless chicken breast, $8.96 (Tues, Weds, Thurs)
2 lb bag Fremont Fish Market swai fillets (frozen), $6.99 (Fri)

*Produce*

2 lbs lemons, $2.49 (Sun, Weds, Fri)
1.5 lbs red grapes, $1.94 (Mon)
3 lbs Cara Cara oranges, $3.49 (Tues, Thurs)
2 lbs asparagus, $3.98 (Mon, Thurs)
8 oz white mushrooms, $1.89 (Tues)
1 lb French green beans, $2.99 (Tues)
2 bags 8 oz spinach, $3.38 (Weds, Fri)
1 cucumber, $.49 (Sun)
2 lbs carrots, $1.49 (Sun, Weds)
3 heads garlic, $1.29 (Sun, Weds, Thurs, Fri)
3 lbs yellow onions, $1.89 (Sun, Weds)
Celery, $1.29 (Sun, Weds)
1 pint grape tomatoes, $1.89 (Sun)

-----

**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, dijon mustard, Kosher salt, sea salt, oregano, rosemary, black pepper, thyme, parsley, bay leaf, paprika, smoked paprika, crushed red pepper*

*\*\* 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.*