

|  |
| --- |
| **ALDI Meal Plan week of 4/3/22 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Sheet pan pesto chicken with asparagus & mushrooms, carrot sticks, cucumber slices |
| **Monday** | Sheet pan smoky Parmesan chicken tenders & veggies |
| **Tuesday** | Low carb taco casserole, mangoes |
| **Wednesday** | Ground turkey & zucchini pesto pasta skillet, carrot stir fry |
| **Thursday** | Creamy smoked sausage & white bean chili, baguette |
| **Friday** | Grilled cheese & tomato naan, broccoli, leftover chili |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 4/2):**

*Dairy & refrigerated*

16 oz Friendly Farms sour cream, $1.69 (Tues, Thurs)
Priano shredded Parmesan, $2.19 (Sun, Mon, Weds)
8 oz block Happy Farms cheddar, $1.89 (Tues, Thurs)
7 oz Emporium Selection deli sliced Havarti, $2.49 (Fri)

*Grocery*

Specially Selected original naan, $4.19 (Fri)
Specially Selected French baguette, $1.89 (Thurs)
Priano Genovese pesto, $2.49 (Sun, Weds, Fri)
12 oz Reggano farfalle, $1.05 (Weds)
32 oz Chef’s Cupboard chicken broth, $1.29 (Thurs)
2 cans Pueblo Lindo chopped green chiles, $1.58 (Thurs)
Can Dakota’s Pride great northern beans, $.69 (Thurs)
Can Dakota’s Pride cannellini beans, $.59 (Thurs)
Can Happy Harvest whole kernel corn, $.49 (Thurs)

*Meat*

36 oz pack Kirkwood 85/15 ground turkey, $5.65 (Tues, Weds)
3.5 lbs family pack chicken tenderloins, $9.42 (Sun, Mon)
Parkview Polska kielbasa, $3.29 (Thurs)

*Produce*

2 mangoes, $1.38 (Tues)
2 lbs zucchini, $2.58 (Mon, Weds)
20 oz broccoli crowns, $2.86 (Mon, Fri)
One head cauliflower, $2.49 (Tues)
2 packs 8 oz white mushrooms, $3.38 (Sun, Weds)
1 lb asparagus, $2.49 (Sun)
Bunch green onions, $.79 (Tues, Weds, Thurs)
2 lbs carrots, $1.49 (Sun, Mon, Weds)
1 cucumber, $.59 (Sun)
3 lbs onions, $1.89 (Sun, Mon, Weds, Thurs)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs)
24 oz tomatoes on the vine, $2.79 (Weds)
4 Roma tomatoes, $1.00 (Fri)

-----

**Total: $65.90**

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

*Olive oil, canola oil, sesame oil, soy sauce, butter, black pepper, seasoned salt, Italian seasoning, smoked paprika, garlic powder, cayenne, chili powder, cumin, onion powder, sea salt, crushed red pepper, brown sugar, ground ginger, oregano*

*\*\* 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.*