



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)

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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.*

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