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| **ALDI Meal Plan week of 4/17/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Ham, not a green bean casserole, inauthentic challah, pineapple |
| **Monday** | Ham hand pies with spinach, grapes |
| **Tuesday** | Oven baked leftover ham quesadillas, salad |
| **Wednesday** | Sausage, peppers, & onions frittata, grapes |
| **Thursday** | Cream cheese pasta bake with French fried onions, garlic bread |
| **Friday** | Chipotle taco soup with ground beef, toast |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 4/16):**

*Dairy & refrigerated*

One dozen Goldhen large eggs, $1.29 (Sun, Mon, Weds)  
2 cans Bake House Creations crescent rolls, $2.58 (Sun)  
Bake House Creations pie crust, $1.69 (Mon)  
Emporium Selection shredded Parmesan, $2.19 (Sun, Weds, Thurs)   
2 bricks 8 oz Happy Farms cream cheese, $2.78 (Mon, Weds, Thurs)  
12 oz Happy Farms sharp shredded cheddar, $3.49 (Mon, Tues)

*Grocery*

L’Oven Fresh Italian bread, $1.99 (Thurs, Fri)  
6 oz can Chef’s Cupboard French fried onions, $2.25 (Sun, Thurs)  
32 oz box Simply Nature organic beef broth, $1.49 (Fri)  
12 oz Reggano farfalle (bowtie pasta), $1.00 (Thurs)  
Reggano marinara sauce, $1.29 (Thurs)  
El Milagro flour tortillas, $.98 (Tues)  
1 can Casa Mamita diced tomatoes with green chilies, $.69 (Fri)  
1 can Dakota’s Pride black beans, $.69 (Fri)  
1 can Happy Harvest tomato sauce, $.29 (Fri)  
1 can Happy Harvest whole kernel corn, $.49 (Fri)  
1 can Pueblo Lindo chipotles in adobo, $1.29 (Fri)

*Meat*

9 lb Appleton Farms spiral sliced ham, $10.71 (Sun, Mon, Tues)  
2 lbs 80/20 ground beef, $7.98 (Thurs, Fri)  
12 oz Never Any chicken apple sausage, $3.99 (Weds)

*Produce*

Pineapple, $1.29 (Sun)  
3 lbs red grapes, $3.87 (Mon, Weds)  
2 packs 8 oz white mushrooms, $3.38 (Sun, Thurs)  
8 oz bag of spinach, $1.69 (Mon, Tues)  
Bag of garden salad, $1.49 (Tues)  
Bunch green onions, $.89 (Tues)  
16 oz pack green beans, $1.69 (Sun)  
1 medium sweet potato, $.25 (Sun)  
3 heads garlic, $1.49 (Sun, Mon, Weds, Thurs, Fri)  
3 lbs yellow onions, $2.29 (Mon, Weds, Thurs, Fri)  
3 pack multi-colored bell peppers, $2.89 (Tues, Weds, Fri)

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**Total: $70.37**

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

*Olive oil, brown sugar, butter, balsamic vinegar, thyme, rosemary, sea salt, black pepper, crushed red pepper, Dijon mustard, Italian seasoning, oregano, chili powder, cumin*

*\*\* 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.*