



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

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## *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**

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***\*\*\* 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.***

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