



ALDI Meal Plan week of 4/17/22 – Find the recipes at MashupMom.com	
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)

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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)

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.***

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