



ALDI Meal Plan week of 4/24/22 – Find the recipes at MashupMom.com	
Sunday	Sheet pan chicken thighs w/ potatoes & mushrooms, sauteed broccoli & bacon bits
Monday	Naan pizza with pesto, zucchini, & tomatoes, strawberries
Tuesday	Slow cooker balsamic chicken with mushrooms & spinach, sauteed zucchini
Wednesday	Smoked sausage + tortellini skillet
Thursday	Sheet pan chicken dinner with roasted Brussels sprouts & potatoes
Friday	Slow cooker salsa chicken tacos, Mexican style potatoes
Saturday	Leftovers, family pizza night, or order in!

Shopping list (through 4/23):

Dairy & refrigerated

- 8 oz Happy Farms sharp cheddar cheese block, \$1.85 (Fri)
- 8 oz Happy Farms mozzarella cheese block, \$1.85 (Mon)
- Priano shredded Parmesan, \$2.29 (Mon, Tues, Weds)
- 9 oz Priano three cheese tortellini, \$2.99 (Weds)

Grocery

- 24 oz jar Casa Mamita medium salsa, \$1.55 (Fri)
- Specially Selected original naan, \$4.49 (Mon)
- 2.5 oz Tuscan Garden bacon bits, \$1.39 (Sun, Thurs)
- Priano Genovese pesto, \$2.69 (Mon, Weds)
- Can Happy Harvest diced tomatoes, \$.71 (Tues)
- Can Dakota's Pride black beans, \$.71 (Fri)
- Packet Casa Mamita taco seasoning mix, \$.39 (Fri)
- El Milagro flour tortillas, \$.98 (Fri)

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Meat

6 lb family pack bone-in chicken thighs, \$9.54 (Sun, Tues)
3 lbs boneless skinless chicken breast, \$11.07 (Thurs, Fri)
Parkview Polska kielbasa, \$3.49 (Weds)

Produce

1 lb strawberries, \$1.69 (Mon)
3 packs 8 oz mushrooms, \$2.97 (Sun, Tues, Weds)
8 oz spinach, \$1.69 (Tues)
1 lb Brussels sprouts, \$1.99 (Thurs)
1.25 lbs broccoli crowns, \$2.86 (Sun, Weds)
5 lbs yellow potatoes, \$3.69 (Sun, Thurs, Fri)
3 lbs yellow onions, \$1.89 (Mon, Tues, Weds, Thurs, Fri)
3 heads garlic, \$1.29 (Sun, Tues, Weds, Thurs)
2 lbs zucchini, \$3.38 (Mon, Tues)
8 oz jalapeños, \$.79 (Fri)
2 Roma tomatoes, \$.30 (Fri)
Pint grape tomatoes, \$1.89 (Mon)

Total: \$70.42

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

Olive oil, butter, rosemary, Italian seasoning, smoked paprika, Kosher salt, sea salt, crushed red pepper, black pepper, balsamic vinegar, oregano, thyme, everything bagel seasoning (see note in meal plan for substitution ideas), Dijon mustard, honey,

**** 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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