

|  |
| --- |
| **ALDI Meal Plan week of 4/10/22 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Taco style tater tot casserole, grapes |
| **Monday** | Greek yogurt lemon linguine with asparagus, simple sauteed spinach |
| **Tuesday** | Salsa vegetable soup with beans, toasted bagels & cream cheese |
| **Wednesday** | Broiled pork chops & zucchini w/ Greek yogurt sauce, leftover soup |
| **Thursday** | Lemon garlic chicken thighs with tomato-cucumber salad |
| **Friday** | Fish & asparagus packets, grapes |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 4/9):**

*Dairy & refrigerated*

32 oz Friendly Farms whole milk plain Greek yogurt, $3.49 (Sun, Mon, Weds)
8 oz Happy Farms cream cheese, $1.39 (Sun, Tues)
8 oz Happy Farms cheddar cheese block, $1.89 (Sun)
Priano shredded Parmesan, $2.19 (Mon, Fri)

*Frozen*

Season’s Choice crispy potato circles, $1.99 (Sun)

*Grocery*

L’Oven Fresh bagels, $1.49 (Tues)
24 oz jar Casa Mamita medium salsa, $1.55 (Sun, Tues)
32 oz box Chef’s Cupboard chicken broth, $1.29 (Tues)
Simply Nature organic linguine 16 oz, $1.99 (Mon)
2 cans Dakota’s Pride black beans, $1.18 (Sun, Tues)
Can Simply Nature organic pinto beans, $1.09 (Tues)
2 cans Happy Harvest whole kernel corn, $.98 (Sun, Tues)
Can Happy Harvest cut green beans, $.49 (Tues)
Casa Mamita taco seasoning mix packet, $.44 (Sun)

*Meat*

5 lbs bone-in chicken thighs, $6.95 (Thurs)
16 oz 85% lean ground beef chub (frozen), $4.29 (Sun)
1.5 lbs boneless center cut pork chops, $5.99 (Weds)
1 lb tilapia, $5.49 (Fri)

*Produce*

2 lbs lemons, $2.49 (Mon, Weds, Thurs, Fri)
2.5 lbs green grapes, $3.23 (Sun, Fri)
2 lbs asparagus, $4.58 (Mon, Fri)
8 oz bag of spinach, $1.59 (Mon)
8 oz white mushrooms, $1.69 (Mon)
1 cucumber, $.59 (Thurs)
3 lbs yellow onions, $1.99 (Sun, Tues)
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)
Pint grape tomatoes, $1.69 (Thurs)
20 oz zucchini, $2.11 (Weds)

-----

**Total: $65.62**

***\*\*\* 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, crushed red pepper, parsley, sea salt, black pepper, oregano, paprika, Kosher salt, rosemary, smoked paprika*

*\*\* 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.*