



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)

*Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. *** Pricing may vary by store & region.*

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.*

*Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. *** Pricing may vary by store & region.*