



ALDI Meal Plan week of 5/29/22 – Find the recipes at MashupMom.com	
Sunday	Skillet chicken drumsticks with corn, zucchini, & tomatoes
Monday	Burgers, watermelon, chips
Tuesday	Slow cooker BBQ chicken drumsticks, watermelon
Wednesday	Naan pizza with pesto, zucchini, & tomatoes, sheet pan green beans
Thursday	Smoked sausage + spinach soup, salad
Friday	Ground chicken & zucchini pesto pasta skillet, baguette
Saturday	Leftovers, family pizza night, or order in!

Shopping list (through 5/28):

Dairy & refrigerated

Emporium Selection shredded Parmesan, \$2.29 (Weds, Fri)
 8 oz brick mozzarella cheese, \$1.85 (Weds)
 Happy Farms deli-sliced cheddar, \$1.49 (Mon)

Frozen

10 oz Simply Nature Organic super sweet corn, \$1.29 (Sun)

Grocery

Specially Selected naan, \$4.49 (Tues)
 L'Oven Fresh hamburger buns, \$.85 (Mon)
 Specially Selected French baguette, \$1.69 (Fri)
 Clancy's wavy potato chips, \$1.45 (Mon)
 Burman's BBQ sauce, \$.79 (Mon, Tues)
 32 oz box Chef's Cupboard chicken broth, \$1.29 (Thurs)
 Priano Genovese pesto, \$2.49 (Weds, Fri)
 12 oz box Reggano farfalle, \$.95 (Fri)
 Can Dakota's Pride great northern beans, \$.71 (Thurs)
 Can Dakota's Pride cannellini beans, \$.71 (Thurs)
 Can Happy Harvest fire roasted diced tomatoes, \$.91 (Thurs)

*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

Parkview Polska kielbasa, \$3.79 (Thurs)
6 lbs chicken drumsticks, \$5.34 (Sun, Tues)
1 lb Perdue fresh ground chicken, \$2.99 (Fri)
1 lb Thomas Farms fresh grass-fed beef patties, \$4.99 (Mon)

Produce

Watermelon, \$5.99 (Mon, Tues)
8 oz baby carrots, \$.89 (Thurs)
Celery, \$1.29 (Thurs)
16 oz green beans, \$1.89 (Weds)
8 oz bag spinach, \$1.69 (Thurs)
Bag of garden salad, \$1.45 (Thurs)
8 oz white mushrooms, \$1.69 (Fri)
8 oz baby bella mushrooms, \$1.89 (Thurs)
3 lbs yellow onions, \$2.29 (Sun, Mon, Weds, Thurs)
3 heads garlic, \$1.69 (Sun, Thurs, Fri)
2.5 lbs zucchini, \$3.48 (Sun, Weds, Fri)
2 pints grape tomatoes, \$3.78 (Sun, Weds)
24 oz tomatoes on the vine, \$2.29 (Fri)

Total: \$70.67

***** 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, seasoned salt, smoked paprika, oregano, garlic powder, sea salt, black pepper, basil, brown sugar, onion powder, Kosher salt, cayenne, crushed red pepper, thyme, bay leaf, Italian seasoning

**** 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.*