



ALDI Meal Plan week of 5/8/22 – Find the recipes at MashupMom.com	
Sunday	Rosemary chicken & white bean soup, baguette, grapes
Monday	Sheet pan Parmesan chicken drumsticks w/ carrots & potatoes, leftover soup
Tuesday	One pot creamy sausage pasta, grapes
Wednesday	Loaded potato naan pizza, green beans w/ red peppers
Thursday	Sheet pan sausage, green beans, & potatoes, chopped salad
Friday	Smoked salmon scramble, sauteed zucchini
Saturday	Leftovers, family pizza night, or order in!

Shopping list (through 5/7):

Dairy & refrigerated

- Dozen Golden large eggs, \$2.80 (Thurs, Fri)
- 8 oz brick Happy Farms cream cheese, \$1.39 (Tues, Fri)
- Emporium Selected shredded Parmesan, \$2.29 (Mon, Thurs, Fri)
- Alouette garlic & herb spreadable cheese, \$3.99 (Weds)
- 12 oz Happy Farms shredded sharp cheddar, \$3.49 (Tues, Weds)

Grocery

- Specially Selected artisan flatbread, \$4.19 (Weds)
- Specially Selected French baguette, \$1.89 (Sun)
- Tuscan Garden bacon bits, \$1.29 (Weds)
- 48 oz value size box Chef's Cupboard chicken broth, \$1.79 (Sun, Tues)
- 12 oz Reggano rotini, \$.95 (Tues)
- Can Casa Mamita diced tomatoes with green chilies, \$.72 (Tues)
- Can Dakota's Pride Great Northern beans, \$.71 (Sun)
- Can Dakota's Pride cannellini beans, \$.71 (Sun)

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Meat

5.5 lbs chicken drumsticks, \$8.20 (Sun, Mon)
Parkview Polska kielbasa, \$3.49 (Thurs)
Specially Selected cold smoked salmon, \$4.79 (Fri)
8 oz Parkview cheddar jalapeño sausage, \$3.29 (Tues)

Produce

3 lbs red grapes, \$4.17 (Sun, Tues)
3 lbs yellow onions, \$2.29 (Sun, Tues, Thurs, Fri)
3 heads of garlic, \$1.69 (Sun, Tues, Thurs)
2 lbs carrots, \$1.39 (Sun, Mon, Thurs)
16 oz package of green beans, \$1.89 (Weds, Thurs)
Bunch green onions, \$.89 (Tues, Weds, Fri)
Bag of garden salad, \$1.49 (Thurs)
Celery, \$1.59 (Sun, Thurs)
2 lbs zucchini, \$2.78 (Fri)
5 lbs yellow potatoes, \$3.69 (Mon, Weds, Thurs)
3 pack multi-colored bell peppers, \$2.99 (Tues, Weds, Thurs)

Total: \$70.84

***** 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, balsamic vinegar, rosemary, thyme, parsley, smoked paprika, crushed red pepper, bay leaf, sea salt, black pepper, oregano, paprika, garlic powder, cayenne, basil, seasoned salt, Italian seasoning, Kosher salt

**** 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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