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| **ALDI Meal Plan week of 1/15/23 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan chicken thighs with green beans & potatoes |
| **Monday** | Vegetarian elote tortilla casserole, skillet red potatoes |
| **Tuesday** | Lemon garlic butter chicken & mushrooms, simple sauteed spinach |
| **Wednesday** | Easy cheesy beautiful pasta skillet, baguette |
| **Thursday** | Ground beef gyros, garlic red potatoes, cucumber |
| **Friday** | Overstuffed spinach mushroom calzones, mangoes |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

Dairy & refrigerated

Emporium Selection whole milk ricotta, $2.29 (Weds, Fri)  
32 oz Friendly Farms plain whole milk Greek yogurt, $3.69 (Mon, Thurs)  
12 oz Happy Farms shredded Italian blend cheese, $2.99 (Weds, Fri)  
8 oz block Happy Farms cheddar, $2.09 (Mon)  
Mama Cozzi’s pizza dough, $1.39 (Fri)  
Emporium Selection shredded Parmesan, $2.49 (Thurs, Fri)

Frozen

Season’s Choice elote style corn, $2.29 (Mon)

Grocery

L’Oven Fresh pita bread, $2.99 (Thurs)  
Specially Selected French baguette, $1.69 (Weds)  
Specially Selected salsa verde, $3.29 (Mon)  
El Milagro flour tortillas, $1.16 (Mon)  
2 jars of 24 oz Reggano marinara, $3.98 (Weds, Fri)  
12 oz Reggano farfalle, $.92 (Weds)  
Can of Dakota’s Pride black beans, $.71 (Mon)

Meat

5 lb family pack bone-in chicken thighs, $8.95 (Sun, Tues)  
2 lbs 80% lean ground beef, $7.58 (Weds, Thurs)

Produce

2 lbs lemons, $2.89 (Sun, Tues, Thurs}  
2 mangoes, $1.38 (Fri)  
3 packs 8 oz spinach, $3.87 (Mon, Tues, Fri)   
16 oz green beans, $1.79 (Sun)  
1 cucumber, $.69 (Thurs)  
2 packs 8 oz white mushrooms, $3.58 (Tues, Fri)  
3 lbs yellow onions, $1.79 (Mon, Weds, Thurs, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
5 lbs red potatoes, $3.99 (Sun, Mon, Thurs)  
4 Roma tomatoes, $1.00 (Thurs)

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**Total: $70.77**

***\*\*\* Staple items you’ll need – AKA: Check for pantry seasonings & condiments used in this week’s recipes, but not included in the shopping list:***

\*\* Olive oil, flour, canola oil, butter, seasoned salt, sea salt, Italian seasoning, rosemary, black pepper, garlic powder, onion powder, parsley, paprika, crushed red pepper, oregano, salt, Kosher salt

*\*\* Note: You can often* ***substitute for and/or omit*** *some of these staples, depending on the recipe. Read through the recipes before shopping, to see where you may need to re-stock your pantry staples.*