



<b>ALDI Meal Plan week of 1/22/23 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Skillet pork chops with apples and onions, stir fried broccoli
<b>Monday</b>	Easy Asian chopped salad kit stir fry, garlic green beans with soy sauce
<b>Tuesday</b>	Jalapeño popper chicken chili, sourdough toast
<b>Wednesday</b>	Cheesy chicken + spinach skillet, roasted broccoli
<b>Thursday</b>	Sheet pan sausage, peppers, & pierogies, apples
<b>Friday</b>	Creamy tomato hummus soup, grilled cheese sandwiches
<b>Saturday</b>	Leftovers, pizza night, carryout, mix it up!

#### *Dairy & refrigerated*

2 packs 8 oz Happy Farms cream cheese, \$3.38 (Tues, Weds, Fri)  
 Park Street Deli 10 oz red pepper hummus, \$1.99 (Fri)  
 8 oz block Happy Farms mozzarella, \$2.09 (Weds, Fri)  
 8 oz block Happy Farms cheddar, \$2.09 (Tues, Fri)

#### *Frozen*

2 boxes Bremer potato cheddar pierogies, \$5.38 (Thurs)

#### *Grocery*

Specially Selected sourdough square, \$3.69 (Tues, Fri)  
 Tuscan Garden real bacon bits, \$1.69 (Tues)  
 Packet of Tuscan Garden ranch dressing mix, \$.49 (Tues)  
 32 oz box Chef's Cupboard chicken broth, \$1.29 (Tues, Fri)  
 Can of Casa Mamita diced tomatoes with green chilies, \$.89 (Tues)  
 28 oz can Happy Harvest crushed tomatoes, \$1.29 (Fri)  
 2 cans Dakota's Pride cannellini beans, \$1.58 (Tues)  
 Can of Happy Harvest whole kernel corn, \$.49 (Tues)

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## *Meat*

Parkview Polska kielbasa, \$3.49 (Thurs)

2.5 lbs bone-in assorted pork chops, \$7.23 (Sun)

5 lb family pack boneless skinless chicken breast, \$12.45 (Mon, Tues, Weds)

## *Produce*

3 lbs gala apples, \$1.89 (Sun, Thurs)

16 oz green beans, \$1.69 (Mon)

Asian chopped salad kit, \$2.99 (Mon)

1.25 lbs broccoli crowns, \$3.13 (Sun, Weds)

8 oz spinach, \$1.79 (Weds)

2 packs 8 oz white mushrooms, \$3.58 (Mon, Thurs)

3 lbs yellow onions, \$1.59 (Sun, Tues, Weds, Fri)

3 heads garlic, \$1.29 (Sun, Mon, Tues, Weds, Fri)

8 oz jalapeños, \$.79 (Tues)

3 pack multicolored bell peppers, \$2.69 (Mon, Thurs)

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**Total: \$70.94**

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**\*\*\* 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, canola oil, sesame oil, soy sauce, butter, brown sugar, crushed red pepper, powdered ginger, chili powder, Italian seasoning, paprika, cumin, oregano, smoked paprika, garlic powder, thyme, basil, cayenne, cinnamon, sea 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.*

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