



ALDI Meal Plan week of 1/29/23 – Find the recipes at MashupMom.com	
Sunday	Vegetarian three bean & lentil chili, hint of lime tortilla chips
Monday	Rosemary chicken & white bean soup, English muffins
Tuesday	Sheet pan tilapia dinner, leftover soup
Wednesday	Sheet pan rosemary chicken drumsticks, leftover chili
Thursday	Sausage, peppers, & onions naan pizza, roasted veggies
Friday	Rustic mushroom lentil soup, salad
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

8 oz Happy Farms mozzarella, \$2.09 (Thurs)

Grocery

Specially Selected naan, \$4.29 (Thurs)

L'Oven Fresh English muffins, \$1.29 (Mon)

Clancy's hint of lime tortilla chips, \$1.54 (Sun)

12 oz jar Tuscan Garden marinated artichoke hearts, \$2.59 (Thurs, Fri)

16 oz Dakota's Pride green lentils, \$1.29 (Sun, Fri)

32 oz box Chef's Cupboard chicken broth, \$1.29 (Mon)

32 oz box Simply Nature organic vegetable broth, \$1.89 (Sun)

48 oz box Chef's Cupboard chicken broth, \$1.99 (Fri)

2 cans Happy Harvest fire roasted diced tomatoes, \$2.18 (Sun, Fri)

2 cans Dakota's Pride great northern beans, \$1.42 (Sun, Mon)

1 can Dakota's Pride cannellini beans, \$.79 (Mon)

1 can Dakota's Pride black beans, \$.79 (Sun)

1 can Dakota's Pride kidney beans, \$.79 (Sun)

1 can Happy Harvest whole kernel corn, \$.59 (Sun)

1 can Happy Harvest tomato paste, \$.79 (Sun)

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Meat

5 lb family pack chicken drumsticks, \$6.45 (Mon, Weds)
1 lb tilapia, \$6.38 (Tues)
Appleton Farms premium sliced bacon, \$3.89 (Fri)
Parkview Polska kielbasa, \$3.49 (Thurs)

Produce

2 lbs carrots, \$1.69 (Mon, Tues, Fri)
1.5 lbs broccoli crowns, \$3.74 (Weds, Thurs)
1 lb asparagus, \$2.49 (Tues)
Bag of garden salad, \$1.49 (Fri)
2 packs 8 oz white mushrooms, \$3.78 (Fri)
3 lb bag of yellow onions, \$1.59 (Sun, Mon, Thurs, Fri)
3 heads garlic, \$1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)
5 lbs yellow potatoes, \$3.99 (Tues, Weds, Thurs)
3 pack multi-colored bell peppers, \$2.79 (Sun, Thurs)
Celery, \$1.39 (Mon, Fri)

Total: \$70.06

****** 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, butter, coarse ground mustard, dijon mustard, balsamic vinegar, brown sugar, baking cocoa, rosemary, thyme, parsley, smoked paprika, Italian seasoning, paprika, chili powder, crushed red pepper, cayenne, cumin, oregano, bay leaf, parsley, tarragon, garlic powder, sea salt, seasoned salt, salt, black pepper*

*** 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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