



ALDI Meal Plan week of 2/19/23 – Find the recipes at MashupMom.com	
Sunday	Everything sheet pan chicken + veggies, buttery peas
Monday	Asian chopped salad kit stir fry, fresh vegetable lo mein
Tuesday	Broiled Parmesan pork chops + broccoli, leftover lo mein
Wednesday	Pepperoncini pork chops with tomatoes & mushrooms, served over spaghetti noodles
Thursday	Chicken sausage dinner salad with avocado pepperoncini dressing, pineapple
Friday	Pasta Florentine with salmon, side salad
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

Emporium Selection shredded Parmesan, \$2.49 (Tues, Thurs, Fri)

Frozen

12 oz bag Season's Choice steamable sweet peas, \$.89 (Sun)

Grocery

16 oz jar Tuscan Garden whole pepperoncini, \$2.29 (Weds, Thurs)

32 oz box Reggano spaghetti, \$1.99 (Mon, Weds, Fri)

Can Happy Harvest diced tomatoes, \$.89 (Weds)

Can Dakota's Pride garbanzo beans (chickpeas), \$.79 (Thurs)

Meat

2.5 lbs thin sliced pork chops, \$8.23 (Tues, Weds)

3 lbs boneless skinless chicken thighs, \$6.87 (Sun, Mon)

Never Any chicken apple sausage, \$4.29 (Thurs)

16 oz Fremont Fish Market wild caught pink salmon, \$6.99 (frozen) (Fri)

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Produce

1 pineapple, \$1.69 (Thurs)
4 packs 8 oz white mushrooms, \$7.56 (Sun, Mon, Weds)
1 cucumber, \$.55 (Thurs)
3 hearts of romaine \$3.69 (Thurs, Fri)
Little Salad Bar Asian chopped salad kit, \$2.99 (Mon)
2 packs 8 oz spinach, \$3.58 (Mon, Fri)
16 oz baby carrots, \$1.19 (Mon, Fri)
1.5 lbs broccoli crowns, \$2.84 (Mon, Tues)
3 lbs yellow onions, \$1.89 (Sun, Mon, Weds, Thurs, Fri)
3 heads garlic, \$1.59 (Sun, Mon, Weds, Thurs, Fri)
1 medium sweet potato, \$.80 (Sun)
1 avocado, \$.79 (Thurs)
3 pack multi-colored bell peppers, \$2.69 (Sun, Mon)
Pint grape tomatoes, \$2.29 (Fri)
4 Roma tomatoes, \$1.00 (Thurs)

Total: \$70.86

***** 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, butter, soy sauce, red wine vinegar, whole grain mustard, everything bagel seasoning, sugar, brown sugar, oregano, parsley, basil, powdered ginger, crushed red pepper, garlic powder, Italian seasoning, seasoned salt, sea 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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