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| **ALDI Meal Plan week of 2/5/23 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan Parmesan chicken drumsticks with carrots & potatoes, grapes |
| **Monday** | Easy artichoke mushroom pasta, baguette, side salad |
| **Tuesday** | Slow cooker Mediterranean chicken drumsticks, tomatoes & cucumbers, leftover pasta |
| **Wednesday** | Chicken drumsticks with mushrooms, tomatoes, & chickpeas, grapes |
| **Thursday** | Potato soup with spinach + lots of bacon, side salad |
| **Friday** | Italian sausage, pepper, & potato packets, sauteed everything zucchini with Parmesan |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

Dairy & refrigerated

Countryside Creamery butter quarters, $3.99 — yes, we budgeted to re-stock butter this week! (Sun, Mon)  
Priano shredded Parmesan, $2.49 (Sun, Fri)  
Emporium Selection garlic & herb cheese spread, $3.29 (Thurs)

Grocery

Specially Selected French baguette, $1.69 (Mon)  
12 oz Tuscan Garden marinated artichokes, $2.59 (Mon)  
5.75 oz jar Tuscan Garden Spanish manzanilla olives, $1.59 (Tues)  
16 oz Tuscan Garden balsamic vinaigrette, $1.99 (Tues, Thurs)  
32 oz box Chef’s Cupboard chicken broth, $1.29 (Mon, Thurs)  
12 oz Reggano farfalle, $.92 (Mon)  
28 oz can Happy Harvest crushed tomatoes, $1.29 (Mon)  
15 oz can Happy Harvest diced tomatoes, $.89 (Tues)  
6 oz can Happy Harvest tomato paste, $.79 (Mon)  
Can Dakota’s Pride garbanzo beans (chickpeas), $.79 (Weds)

Meat

9 lbs chicken drumsticks (look for jumbo packs on sale in many markets), $7.11 (Sun, Tues, Weds)  
16 oz Appleton Farms premium sliced bacon, $3.89 (Thurs)  
19 oz pack mild Italian sausage, $4.69 (Fri)

Produce

3 lbs red grapes, $4.47 (Sun, Weds)  
2 packs 8 oz sliced white mushrooms, $2.58 (Mon, Weds)  
1 lb baby carrots, $1.09 (Sun)  
3 ct romaine hearts, $3.29 (Mon, Thurs)  
2 cucumbers, $.98 (Mon, Tues, Thurs)  
Bunch green onions, $.89 (Mon, Thurs)  
5 oz organic baby spinach, $2.99 (Thurs)  
3 lbs yellow onions, $1.79 (Mon, Tues, Thurs, Fri)  
3 heads of garlic, $1.59 (Mon, Tues, Weds, Thurs, Fri)  
20 oz zucchini, $1.61 (Fri)  
3 pack multicolored bell peppers, $2.79 (Mon, Tues, Fri)  
Pint grape tomatoes, $1.99 (Weds)  
4 Roma tomatoes, $1.00 (Tues)  
5 lbs yellow potatoes, $3.99 (Sun, Thurs, Fri)  
1 avocado, $.49 (Thurs)

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**Total: $70.83**

***\*\*\* 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, balsamic vinegar, dijon mustard, seasoned salt, basil, oregano, crushed red pepper, Italian seasoning, parsley, paprika, garlic powder, rosemary, thyme, black pepper, everything bagel seasoning, 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.*