



ALDI Meal Plan week of 2/5/23 – Find the recipes at MashupMom.com	
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)

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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)

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.

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