



<b>ALDI Meal Plan week of 3/12/23 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Slow cooker Italian chicken sandwiches, brown butter honey glazed carrots, oranges
<b>Monday</b>	Salsa vegetable soup with beans, baguette, leftover chicken sandwiches
<b>Tuesday</b>	Sheet pan Parmesan chicken + green beans, cups of leftover soup
<b>Wednesday</b>	Chicken + cauliflower sheet pan dinner, mashed red potatoes
<b>Thursday</b>	Beef & cabbage stir fry with giardiniera, oranges
<b>Friday</b>	Slow cooker corned beef & carrots, roasted cabbage, roasted red potatoes
<b>Saturday</b>	Leftovers, pizza night, carryout, mix it up!

### *Dairy & refrigerated*

Happy Farms deli sliced provolone, \$1.99 (Sun, Mon)  
 Emporium Selection shredded Parmesan, \$2.49 (Tues, Weds, Fri)

### *Grocery*

L'Oven Fresh deli rolls, \$2.49 (Sun, Mon)  
 Specially Selected French baguette, \$1.79 (Mon)  
 16 oz Specially Selected pasilla + chipotle salsa, \$3.49 (Mon)  
 Tuscan Garden mild giardiniera, \$3.69 (Sun, Thurs)  
 48 oz box Chef's Cupboard chicken broth, \$1.89 (Sun, Thurs, Fri)  
 32 oz Simply Nature organic vegetable broth, \$1.89 (Mon)  
 Can Dakota's Pride black beans, \$.79 (Mon)  
 Can Dakota's Pride kidney beans, \$.79 (Mon)  
 Can Happy Harvest whole kernel corn, \$.59 (Mon)  
 Can Happy Harvest cut green beans, \$.49 (Mon)

### *Meat*

3 lbs corned beef points, \$8.97 (Fri)  
 14 oz beef shaved steak, \$5.79 (Thurs)  
 5.25 lb family pack boneless skinless chicken breast, \$13.07 (Sun, Tues, Weds)

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*Produce*

4 lb bag of navel oranges, \$2.99 (Sun, Thurs)  
2 lbs carrots, \$1.49 (Sun, Thurs, Fri)  
8 oz white mushrooms, \$1.99 (Thurs)  
1 head of cauliflower, \$2.49 (Weds)  
16 oz green beans, \$1.79 (Tues)  
2 oz fresh parsley, \$1.29 (Sun, Fri)  
3 lbs yellow onions, \$1.99 (Mon, Weds, Thurs, Fri)  
3 heads garlic, \$1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)  
2.5 lb green cabbage, \$1.48 (Thurs, Fri)  
5 lbs red potatoes, \$2.99 (Weds, Fri)

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**Total: \$70.20**

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**\*\*\* Staple items you'll need: Check for pantry staples, seasonings, & condiments that are used in this week's recipes, but not included in the shopping list:**

*Olive oil, canola oil, sesame oil, butter, soy sauce, brown sugar, honey, thyme, ground ginger, crushed red pepper, coarse ground mustard, Italian seasoning, oregano, smoked paprika, garlic powder, tarragon, seasoned salt, cayenne, cumin, black pepper, sea salt, Kosher salt*

**\*\* Note:** You can often **substitute something else 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 own pantry staples.

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