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| **ALDI Meal Plan week of 3/19/23 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Comforting chicken stew, baguette |
| **Monday** | Spinach ricotta quiche, grapes, leftover stew |
| **Tuesday** | Olive Garden dressing sheet pan chicken dinner, leftover quiche |
| **Wednesday** | Cheese tortellini with broccoli & tomatoes, side salad |
| **Thursday** | Sausage, egg, & spinach hand pies, grapes |
| **Friday** | BBQ potato chip baked swai, garlic roasted carrots |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

Dairy & refrigerated

Two 9 oz packs Priano three cheese tortellini, $5.98 (Weds)  
15 oz Emporium Selection whole milk ricotta, $2.29 (Mon)  
8 oz block Happy farms cheddar, $2.09 (Thurs)  
Emporium Selection shredded Parmesan, $2.49 (Mon, Tues, Weds)  
2 Bake House Creations refrigerated pie crusts, $4.78 (Mon, Thurs)  
Dozen Golden large eggs, $2.39 (Mon, Thurs)

Frozen

12 oz Season’s Choice steamable frozen broccoli florets, $.99 (Weds)

Grocery

Clancy’s mesquite barbecue kettle chips, $1.89 (Fri)  
Specially Selected French baguette, $1.79 (Sun)  
Tuscan Garden restaurant style Italian salad dressing, $1.99 (Tues, Fri)  
32 oz box Chef’s Cupboard chicken broth, $1.29 (Sun)

Meat

3 lb family pack boneless skinless chicken thighs, $6.87 (Sun, Tues)  
32 oz Fremont Fish Market swai fillets (frozen), $8.99 (Fri)  
Appleton Farms hot pork sausage roll, $2.49 (Thurs)

Produce

2 lbs green grapes, $2.98 (Mon, Thurs)  
2 lbs carrots, $1.79 (Sun, Weds, Fri)  
16 oz green beans, $1.79 (Tues)  
8 oz white mushrooms, $1.89 (Tues)  
2 bags 8 fresh spinach, $2.98 (Mon, Thurs)  
Bag of garden salad, $1.79 (Weds)  
3 lbs yellow onions, $2.09 (Sun, Mon, Weds, Thurs)  
3 heads garlic, $1.49 (Sun, Mon, Weds, Thurs, Fri)  
1.5 lb bag bite-sized yellow potatoes, $3.29 (Sun)  
Celery, $1.69 (Sun, Weds)  
5 Roma tomatoes, $.90 (Mon)  
10 oz grape tomatoes, $1.99 (Weds)

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**Total: $70.99**

***\*\*\* 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, butter, flour, sea salt, black pepper, thyme, smoked paprika, rosemary, bay leaves, crushed red pepper, oregano, basil

*\*\* Note: You can often* ***substitute something else and/or omit*** *some of these items, depending on the recipe. Read through the recipes before shopping, to see where you may need to re-stock your own pantry staples.*