



ALDI Meal Plan week of 3/19/23 – Find the recipes at MashupMom.com	
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)

*Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. *** Pricing may vary by store & region.*

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)

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.