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| **ALDI Meal Plan week of 3/26/23 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sausage, peppers, & onions pierogi casserole, salad |
| **Monday** | Vegetarian lemon chickpea wraps, grapes |
| **Tuesday** | Cheesy taco pasta, grapes |
| **Wednesday** | Lemon garlic chicken thighs with tomato cucumber salad, roasted bell pepper & cauliflower |
| **Thursday** | Basic easy chili, salad |
| **Friday** | Garlic shrimp with roasted cauliflower, white beans, & tomatoes, Parmesan pasta |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

Dairy & refrigerated

Happy Farms cream cheese, $1.59 (Sun, Tues)  
2 blocks 8 oz Happy Farms sharp cheddar, $4.18 (Sun, Tues, Thurs)  
Emporium Selection shredded Parmesan, $2.49 (Weds, Thurs, Fri)

Frozen

Bremer loaded baked potato pierogies, $2.49 (Sun)

Grocery

L’Oven Fresh original flatbread wraps, $1.79 (Mon)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Sun, Fri)  
16 oz Reggano rotini, $.99 (Tues, Fri)  
Can of Casa Mamita diced tomatoes with green chilies, $.89 (Tues)  
Packet of Casa Mamita taco seasoning mix, $.39 (Tues)  
8 oz can Happy Harvest tomato sauce, $.39 (Tues)  
Can of Happy Harvest tomato paste, $.69 (Thurs)  
2 cans of Happy Harvest fire roasted diced tomatoes, $2.18 (Thurs, Fri)  
Can of Happy Harvest whole kernel corn, $.49 (Tues)  
Can of Dakota’s Pride black beans, $.79 (Thurs)  
Can of Dakota’s Pride kidney beans, $.79 (Thurs)  
Can of Dakota’s Pride great northern beans, $.71 (Fri)  
2 cans of Dakota’s Pride garbanzo beans (chickpeas), $1.58 (Mon)

Meat

Parkview Polska kielbasa, $3.29 (Sun)  
2 lb pack 80% lean ground beef, $7.58 (Tues, Thurs)  
Fremont Fish Market peeled & deveined wild Gulf shrimp, $6.89 (Fri)  
4 lbs bone-in chicken thighs, $7.95 (Weds)

Produce

2 lbs red grapes, $2.58 (Mon, Tues)  
2 lbs lemons, $2.99 (Mon, Weds, Fri)  
Bunch green onions, $.85 (Sun, Tues, Thurs)  
3 hearts of romaine, $2.99 (Sun, Mon, Thurs)  
1 cucumber, $.69 (Weds)  
1 large head of cauliflower, $2.49 (Weds, Fri)  
3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 pack multi-colored bell peppers, $2.89 (Sun, Weds)  
1 avocado, $.49 (Mon)  
8 Roma tomatoes, $1.60 (Mon, Weds)

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**Total: $70.78**

***\*\*\* 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, chili powder, smoked paprika, oregano, unsweetened cocoa powder, basil, cayenne, Italian seasoning, sea salt, Kosher salt, rosemary, black pepper, crushed red pepper, parsley, salad dressing

*\*\* 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.*