



ALDI Meal Plan week of 3/26/23 – Find the recipes at MashupMom.com	
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)

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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)

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.

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