



<b>ALDI Meal Plan week of 3/5/23 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Vegetarian three bean + lentil chili, copycat Trader Joe's cheddar jalapeño pull apart bread, mangoes
<b>Monday</b>	Zucchini Spanish rice burrito bowls, oranges
<b>Tuesday</b>	Sheet pan smoky Parmesan chicken tenders & veggies, leftover chili
<b>Wednesday</b>	Oven baked chicken thighs & rice, carrots need butter & thyme
<b>Thursday</b>	Cheesy smoked sausage & rice skillet, roasted broccoli with Parmesan
<b>Friday</b>	Easy artichoke mushroom pasta, salad kit, oranges
<b>Saturday</b>	Leftovers, pizza night, carryout, mix it up!

#### *Dairy & refrigerated*

- 1 can Bake House Creations jumbo flaky biscuits, \$1.69 (Sun)
- 16 oz Happy Farms shredded mild cheddar cheese, \$3.99 (Sun, Mon, Thurs)
- Emporium Selection shredded Parmesan, \$2.49 (Sun, Tues, Thurs)

#### *Grocery*

- 24 oz Casa Mamita medium salsa, \$2.29 (Mon, Thurs)
- 3 lbs Earthly Grains long grain white rice, \$2.29 (Mon, Weds, Thurs)
- 12 oz jar Tuscan Garden marinated artichokes, \$2.69 (Fri)
- 32 oz box Simply Nature organic chicken broth, \$1.89 (Mon, Weds, Fri)
- 32 oz box Simply Nature organic vegetable broth, \$1.89 (Sun)
- 12 oz Reggano farfalle, \$.95 (Fri)
- 16 oz Dakota's Pride green lentils, \$1.29 (Sun)
- 2 cans of Happy Harvest whole kernel corn, \$1.18 (Sun, Thurs)
- Can of Dakota's Pride great northern beans, \$.71 (Sun)
- Can of Dakota's Pride dark red kidney beans, \$.79 (Sun)
- Can of Dakota's Pride black beans, \$.79 (Sun)
- Can of Happy Harvest fire roasted diced tomatoes, \$1.09 (Sun)
- Can of Happy Harvest diced tomatoes, \$.79 (Weds)
- 2 cans of Happy Harvest tomato paste, \$1.38 (Sun, Fri)
- 28 oz can Happy Harvest crushed tomatoes, \$1.29 (Fri)

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## Meat

Parkview cheddar brats, \$3.49 (Thurs)  
3.5 lbs chicken tenderloin, \$8.02 (Mon, Tues)  
2 lbs bone-in chicken thighs, \$4.58 (Weds)

## Produce

3 lb bag cara cara oranges, \$2.99 (Mon, Fri)  
2 mangoes, \$1.98 (Sun)  
8 oz baby bella mushrooms, \$1.99 (Mon)  
8 oz white mushrooms, \$1.89 (Fri)  
1.25 lbs broccoli crowns, \$2.36 (Tues, Thurs)  
2 lbs carrots, \$1.89 (Tues, Weds)  
Little Salad Bar sunflower chopped salad kit, \$2.99 (Fri)  
3 lbs yellow onions, \$2.19 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, \$1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)  
1.25 lb pack of zucchini, \$1.61 (Mon, Tues)  
8 oz jalapeño peppers, \$.89 (Sun, Thurs)  
3 pack multi-colored bell peppers, \$2.79 (Sun, Weds, Thurs)

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**Total: \$70.63**

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

*Olive oil, butter, brown sugar, unsweetened baking cocoa, garlic powder, chili powder, smoked paprika, cumin, oregano, Italian seasoning, parsley, basil, thyme, cayenne, seasoned salt, crushed red pepper, sea salt, salt, black pepper*

**\*\* Note:** You can often **substitute for 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 pantry staples.

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