

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 4/2/23 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Rosemary chicken & white bean soup, Italian bread |
| **Monday** | Overstuffed spinach mushroom calzones, Italian salad |
| **Tuesday** | Sheet pan rosemary chicken drumsticks with broccoli & potatoes, leftover soup |
| **Wednesday** | Broiled Parmesan pork chops & broccoli, potato salad |
| **Thursday** | Smoked sausage & veggies skillet, any leftover potato salad |
| **Friday** | Smoked salmon, avocado, & ricotta frittata, everything potatoes |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

Dairy & refrigerated

Dozen Goldhen large eggs, $2.39 (Mon, Weds, Fri)  
15 oz Emporium Selection whole milk ricotta, $2.49 (Mon, Fri)  
Countryside Creamery butter quarters, $2.49 (Sun, Thurs, Fri)  
Emporium Selection shredded Parmesan, $2.49 (Mon, Weds, Thurs, Fri)  
16 oz Happy Farms shredded mozzarella, $3.99 (Mon, Fri)  
Mama Cozzi’s pizza dough, $1.39 (Mon)

Grocery

Specially Selected Italian bread, $3.89 (Sun)  
Tuscan Garden zesty Italian dressing, $1.99 (Mon, Weds)  
32 oz Simply Nature organic chicken broth, $1.89 (Sun)  
Reggano marinara sauce, $1.49 (Mon)  
Can Dakota’s Pride cannellini beans, $.79 (Sun)  
Can Dakota’s Pride great northern beans, $.71 (Sun)

Meat & seafood

Parkview Polska kielbasa, $3.29 (Thurs)  
3 oz Specially Selected cold smoked salmon, $3.99 (Fri)  
1.5 lbs boneless center cut pork chops, $5.99 (Weds)  
5 lbs chicken drumsticks, $4.45 (Sun, Tues)

Produce

Bunch of green onions, $.85 (Mon, Thurs, Fri)  
2 packs 8 oz white mushrooms, $3.78 (Mon, Thurs)  
8 oz spinach, $1.49 (Mon)  
Little Salad Bar Italian salad mix, $2.99 (Mon)  
1.75 lbs broccoli crowns, $3.48 (Tues, Weds)  
16 oz baby carrots, $1.19 (Sun, Mon)  
3 lbs yellow onions, $2.29 (Sun, Mon, Weds, Thurs, Fri)  
3 heads garlic, $1.49 (Sun, Mon, Tues, Thurs, Fri)  
5 lbs red potatoes, $3.99 (Tues, Weds, Fri)  
1.5 lbs zucchini, $1.94 (Thurs)  
Celery, $1.69 (Sun, Weds)  
1 avocado, $.49 (Fri)  
4 Roma tomatoes, $.80 (Mon, Thurs)

**-----**

**Total: $70.19**

***\*\*\* 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, mayo, flour, oregano, garlic powder, Italian seasoning, smoked paprika, rosemary, paprika, thyme, parsley, bay leaf, crushed red pepper, black pepper, sea salt, *salt,* seasoned salt, everything bagel seasoning (see note in Friday's recipe)

*\*\* 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.*