



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)

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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.

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