

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 4/16/23 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Jalapeño popper chicken chili, sourdough toast |
| **Monday** | Chicken with chunk mango-tomato salsa, apples, leftover chili |
| **Tuesday** | Pork & pepper fajitas, garlicky black beans |
| **Wednesday** | Gnocchi with chicken sausage, white beans, & tomatoes, sourdough toast |
| **Thursday** | Skillet pork chops with apples & onions, zucchini w/ Parmesan |
| **Friday** | Easy artichoke mushroom pasta, side salad |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

Dairy & refrigerated

8 oz brick Happy Farms cream cheese, $1.69 (Sun)  
Emporium Selection shredded Parmesan, $2.49 (Weds, Thurs, Fri)

Grocery

Specially Selected sourdough square, $3.69 (Sun, Weds)  
Specially Selected cauliflower gnocchi, $2.99 (Weds)  
Packet of Tuscan Garden ranch dressing seasoning mix, $.49 (Sun)  
Tuscan Garden marinated artichoke hearts, $2.29 (Fri)  
Tuscan Garden bacon bits, $1.69 (Sun)  
32 oz box Chef’s Cupboard chicken broth, $1.29 (Sun, Fri)  
Reggano farfalle, $.95 (Fri)  
El Milagro corn tortillas, $.59 (Tues)  
Can Casa Mamita diced tomatoes w/ green chilies, $.89 (Sun)  
28 oz can Happy Harvest crushed tomatoes, $1.29 (Fri)  
6 oz can Happy Harvest tomato paste, $.79 (Fri)  
3 cans Dakota’s Pride cannellini beans, $2.37 (Sun, Weds)  
2 cans Dakota’s Pride black beans, $1.42 (Tues)  
Can Happy Harvest whole kernel corn, $.49 (Sun)

Meat & seafood

Never Any apple chicken sausage, $4.19 (Weds)  
4 lb family pack boneless skinless chicken breast, $9.96 (Sun, Mon)  
3 lb family pack thin cut boneless pork chops, $9.87 (Tues, Thurs)

Produce

16 oz limes, $2.49 (Mon, Tues)  
1 mango, $.59 (Mon)  
Bag of garden salad, $1.79 (Fri)  
8 oz white mushrooms, $1.59 (Fri)  
3 lbs gala apples, $3.49 (Mon, Thurs)  
3 lbs medium yellow onions, $2.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Fri)  
16 oz zucchini, $1.29 (Thurs)  
8 oz jalapeños, $.69 (Sun, Mon, maybe Tues)  
3 pack multicolored bell peppers, $2.79 (Tues, Fri)  
Grape tomatoes, $1.89 (Weds)  
6 Roma tomatoes, $1.14 (Mon, Tues)

**-----**

**Total: $70.96**

**Note:** I had to make some cuts to make this week’s plan add up, so: If you have wiggle room in your own budget, add shredded cheddar to top Sunday’s & Tuesday’s recipes, plus a couple of avocados for Tues. — and also, get vine-ripe tomatoes for Monday instead of Roma tomatoes.

***\*\*\* 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, brown sugar, Italian seasoning, chili powder, oregano, basil, cumin, garlic powder, crushed red pepper, cayenne, cinnamon, smoked paprika, seasoned salt, sea salt, black pepper, 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.*