



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)

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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.*

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