



ALDI Meal Plan week of 4/23/23 – Find the recipes at MashupMom.com	
Sunday	Arrabbiata white bean & vegetable soup, salad
Monday	Naan pesto pizza with roasted tomatoes, mushrooms, & spinach, cups of leftover soup
Tuesday	Skillet chicken tenders with artichoke avocado salad, grapes
Wednesday	Chicken tikka masala grilled cheese wraps, grapes
Thursday	Strawberry spinach salad w/ chicken & chickpeas, Parmesan roasted carrots
Friday	Ground turkey & zucchini pesto pasta skillet
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

2 blocks 8 oz Happy Farms mozzarella, \$4.18 (Mon, Weds)
 Emporium Selection shredded Parmesan, \$2.49 (Sun, Thurs, Fri)

Grocery

L'Oven Fresh original flatbread, \$1.69 (Weds)
 Specially Selected artisan flatbread, \$4.19 (Mon)
 Jar of Tuscan Garden artichoke hearts in water, \$2.69 (Tues)
 Simply Nature organic poppyseed dressing, \$2.49 (Sun, Thurs)
 Jar of Burman's tikka masala sauce, \$3.55 (Weds)
 32 oz Chef's Cupboard chicken broth, \$1.29 (Sun)
 Priano gourmet arrabbiata sauce, \$2.19 (Sun)
 Priano Genovese pesto, \$2.29 (Mon, Fri)
 12 oz Reggano farfalle, \$.95 (Fri)
 Can Dakota's Pride garbanzo beans (chickpeas), \$.79 (Thurs)
 2 cans Dakota's Pride great northern beans, \$1.42 (Sun)
 Can Happy Harvest whole kernel corn, \$.49 (Sun)
 Can Happy Harvest cut green beans, \$.49 (Sun)

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Meat & seafood

5.25 lbs chicken tenderloin family pack, \$12.02 (Tues, Weds, Thurs)
16 oz chub Kirkwood frozen ground turkey, \$2.49 (Fri)

Produce

16 oz strawberries, \$2.89 (Thurs)
2 lbs red grapes, \$2.38 (Tues, Weds)
2 bags 8 oz spinach, \$2.98 (Sun, Mon, Thurs)
Bag of garden salad, \$1.79 (Sun)
2 packs 8 oz white mushrooms, \$1.98 (Mon, Fri)
2 lbs carrots, \$1.89 (Sun, Thurs)
3 lbs medium yellow onions, \$2.19 (Sun, Tues, Thurs, Fri)
3 heads garlic, \$1.49 (Sun, Tues, Thurs, Fri)
16 oz zucchini, \$1.29 (Fri)
2 avocados, \$1.38 (Tues, Thurs)
2 Roma tomatoes, \$.36 (Tues)
Container grape tomatoes, \$1.99 (Mon)
24 oz tomatoes on the vine, \$2.59 (Fri)

Total: \$70.90

***** 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, chili powder, oregano, Italian seasoning, cumin, garlic powder, smoked paprika, crushed red pepper, basil, garlic salt, sea salt, black pepper

**** 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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