

|  |
| --- |
| **ALDI Meal Plan week of 4/30/23 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Slow cooker Mediterranean chicken drumsticks, rice, tomato cucumber salad |
| **Monday** | Beef & cabbage stir fry with giardiniera, mixed veggies |
| **Tuesday** | Oven baked chicken & rice |
| **Wednesday** | Creamy tomato hummus soup, jalapeño popper grilled cheese |
| **Thursday** | Slow cooker Italian chicken sandwiches, salad |
| **Friday** | Cheesy smoked sausage & rice skillet, mangoes |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

Dairy & refrigerated

8 oz Happy Farms cream cheese, $1.49 (Weds)
12 oz Happy Farms shredded sharp cheddar, $2.99 (Weds, Fri)
10 oz Park Street Deli roasted red pepper hummus, $2.49 (Weds)

Frozen

Season’s Choice steamable frozen mixed veggies, $.89 (Mon)

Grocery

16 oz jar Simply Nature organic salsa, $2.29 (Fri)
Specially Selected sourdough square, $3.69 (Weds, Thurs)
16 oz Tuscan Garden balsamic vinaigrette, $1.99 (Sun, Thurs)
Tuscan Garden real bacon bits, $1.69 (Weds)
5.75 oz jar Tuscan Garden Spanish manzanilla olives, $1.49 (Sun)
16 oz jar Tuscan Garden mild giardiniera, $3.69 (Mon, Thurs)
3 lb bag Earthly Grains long grain white rice, $2.29 (Sun, Tues, Fri)
32 oz box Chef’s Cupboard chicken broth, $1.29 (Mon, Tues)
32 oz box Simply Nature organic vegetable broth, $1.89 (Weds, Thurs)
2 cans of Happy Harvest diced tomatoes, $1.78 (Sun, Tues)
28 oz can Happy Harvest crushed tomatoes, $1.29 (Weds)
Can of Happy Harvest whole kernel corn, $.49 (Fri)

Meat & seafood

Parkview jalapeño cheddar smoked sausage, $3.39 (Fri)
6 lb family pack chicken drumsticks, $4.90 (Sun, Tues)
14 oz Old Neighborhood beef shaved steak, $5.89 (Mon)
2.5 lbs boneless chicken breast, $8.23 (Thurs)

Produce

2 mangoes, $1.78 (Fri)
8 oz white mushrooms, $1.69 (Mon)
Little Salad bar classic coleslaw, $1.29 (Mon)
Little Salad bar garden salad, $1.79 (Thurs)
Cucumber, $.69 (Sun)
3 lbs yellow onions, $2.49 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)
24 oz tomatoes on the vine, $1.94 (Sun, Thurs)
3 pack multicolored bell peppers, $2.79 (Sun, Tues, Fri)
8 oz jalapeño peppers, $.69 (Weds, Fri)

**-----**

**Total: $70.78**

***\*\*\* 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, rosemary, thyme, smoked paprika, garlic powder, parsley, cumin, basil, cayenne, Italian seasoning, crushed red pepper, black pepper, sea salt

*\*\* 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.*