



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)

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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.

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