



<b>ALDI Meal Plan week of 4/9/23 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Ham, Parmesan sweet potatoes, sheet pan green beans, pineapple, sopapilla cheesecake hand pies
<b>Monday</b>	Ham bone + lentil stew, baguette
<b>Tuesday</b>	Roasted asparagus grilled cheese, grapes, leftover stew
<b>Wednesday</b>	Ham & asparagus quiche, sourdough toast
<b>Thursday</b>	Slow cooker cheesy chicken enchilada chili, tortilla chips
<b>Friday</b>	Smoked salmon scramble, leftover chili, grapes
<b>Saturday</b>	Leftovers, pizza night, carryout, mix it up!

### *Dairy & refrigerated*

Dozen Goldhen eggs, \$2.32 (Weds, Fri)  
 Friendly Farms sour cream, \$1.99 (Weds, Thurs)  
 Happy Farms cream cheese, \$1.49 (Sun, Fri)  
 Emporium Selection deli sliced Havarti cheese, \$1.99 (Tues)  
 Happy Farms sharp cheddar cheese block, \$2.09 (Weds, Thurs)  
 Emporium Selection shredded Parmesan, \$2.49 (Sun, Tues)  
 Bake House Creations refrigerated pie crust, \$2.49 (Sun, Weds)

### *Grocery*

Specially Selected salsa verde, \$3.19 (Thurs)  
 Clancy's restaurant style tortilla chips, \$1.89 (Thurs)  
 Specially Selected French baguette, \$1.79 (Mon)  
 Specially Selected sourdough square, \$3.49 (Tues, Weds)  
 32 oz box Chef's Cupboard chicken broth, \$1.29 (Mon)  
 16 oz Dakota's Pride green lentils, \$1.29 (Mon)  
 Can Pueblo Lindo chopped green chiles, \$.79 (Thurs)  
 2 cans Happy Harvest fire roasted diced tomatoes, \$2.18 (Mon, Thurs)  
 Can Happy Harvest tomato sauce, \$.39 (Thurs)  
 2 cans Dakota's Pride black beans, \$1.58 (Thurs)

*Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. \*\*\* Pricing may vary by store & region.*

*Meat & seafood*

8.5 lb Appleton Farms spiral sliced half ham, \$12.67 (Sun, Mon, Weds)

2 lbs boneless skinless chicken breast, \$7.58 (Thurs)

Specially Selected cold smoked salmon, \$3.99 (Fri)

*Produce*

Pineapple, \$1.29 (Sun)

2 lbs red grapes, \$1.98 (Tues, Fri)

8 oz spinach, \$1.49 (Mon)

1 lb asparagus, \$1.79 (Tues, Weds)

16 oz green beans, \$1.79 (Sun)

Bunch green onions, \$.89 (Thurs, Fri)

3 lbs yellow onions, \$2.29 (Mon, Weds)

3 heads garlic, \$1.49 (Mon, Thurs)

2 lbs sweet potatoes, \$.98 (Sun)

-----

**Total: \$70.97**

---

**\*\*\* 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, sugar, vanilla, cinnamon, Dijon mustard, bay leaves, cumin, smoked paprika, paprika, parsley, oregano, chili powder, thyme, turmeric, cayenne, garlic powder, crushed red pepper, sea salt, 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.

*Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. \*\*\* Pricing may vary by store & region.*