



<b>ALDI Meal Plan week of 5/14/23 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Three cheese zucchini ricotta frittata, salad, oranges
<b>Monday</b>	Vegetarian tofu & mushroom fried rice, chicken broccoli mushroom stir fry
<b>Tuesday</b>	Easy cheesy beautiful pasta skillet, Parmesan garlic bread
<b>Wednesday</b>	Korean-style ground beef & spinach rice bowls, carrot stir fry with green onions
<b>Thursday</b>	Sheet pan smoky Parmesan chicken & veggies, oranges
<b>Friday</b>	Thyme for a one pan chicken mushroom rice skillet, sauteed spinach
<b>Saturday</b>	Leftovers, pizza night, carryout, mix it up!

*Dairy & refrigerated*

Dozen Goldhen large eggs, \$1.69 (Sun, Mon, Weds)  
 Emporium Selection 15 oz whole milk ricotta, \$2.49 (Sun, Tues)  
 Emporium Selection shredded Parmesan, \$2.49 (Sun, Tues, Thurs, Fri)  
 8 oz Happy Farms mozzarella, \$2.09 (Sun, Tues)  
 14 oz Earth Grown extra firm organic tofu, \$2.29 (Mon)

*Frozen*

Season's Choice steamable sweet peas, \$.95 (Mon, Weds)

*Grocery*

Specially Selected French baguette, \$1.79 (Tues)  
 3 lbs Earthly Grains long grain white rice, \$2.29 (Mon, Weds, Fri)  
 Fusia soy sauce, \$1.59 (Mon, Weds, Fri)  
 32 oz box Simply Nature organic chicken broth, \$1.89 (Fri)  
 12 oz Reggano farfalle, \$.99 (Tues)  
 24 oz Priano marinara sauce, \$2.19 (Tues)

*Meat & seafood*

2 lbs 80% lean ground beef, \$7.78 (Tues, Weds)  
 4.75 lb family pack boneless skinless chicken breast, \$11.83 (Mon, Thurs, Fri)

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*Produce*

4 lbs navel oranges, \$3.49 (Sun, Thurs)  
3 packs 8 oz baby bella mushrooms, \$3.87 (Mon, Fri)  
2 lbs carrots, \$1.89 (Mon, Weds, Thurs)  
1.25 lbs broccoli crowns, \$2.49 (Mon, Thurs)  
5 oz Simply Nature organic baby spinach, \$2.49 (Weds)  
8 oz bag of spinach, \$1.49 (Fri)  
Bag of garden salad, \$1.79 (Sun)  
16 oz mini cucumbers, \$1.89 (Sun)  
Bunch green onions, \$.85 (Weds)  
3 lbs yellow onions, \$2.49 (Sun, Mon, Tues, Thurs, Fri)  
3 heads garlic, \$1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)  
28 oz zucchini, \$2.26 (Sun, Thurs)  
4 Roma tomatoes, \$.80 (Sun)

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**Total: \$69.64**

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**\*\*\* 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, canola oil, sesame oil, brown sugar, cornstarch, Sriracha (or chili garlic sauce, or Gochujang), oregano, basil, thyme, crushed red pepper, parsley, ground ginger, Italian seasoning, smoked paprika, garlic powder, cayenne, sea salt, salt, seasoned 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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