



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

Total: \$69.64

***** 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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