



ALDI Meal Plan week of 6/4/23 – Find the recipes at MashupMom.com	
Sunday	Sheet pan balsamic chicken drumsticks with carrots & asparagus, mangoes
Monday	Overstuffed spinach mushroom calzones, carrots, cucumbers, hummus
Tuesday	Skillet chicken drumsticks with corn, zucchini, & tomatoes
Wednesday	Smothered skillet pork chops, sauteed everything bagel zucchini
Thursday	Olive Garden dressing sheet pan chicken dinner, carrots need butter & thyme
Friday	Easy cheesy vegetarian pasta skillet, side salad
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

15 oz Emporium Selection whole milk ricotta, \$2.49 (Mon, Fri)
 5 oz Emporium Selection shredded Parmesan, \$2.49 (Mon, Weds, Thurs)
 16 oz Happy Farms shredded mozzarella, \$3.99 (Mon, Fri)
 Mama Cozzi's pizza dough, \$1.29 (Mon)
 Park Street Deli olive tapenade hummus, \$1.99 (Mon)

Grocery

12 oz jar Tuscan Garden marinated artichoke hearts, \$2.69 (Fri)
 Tuscan Garden restaurant style Italian dressing, \$1.99 (Weds, Thurs)
 Reggano marinara sauce, \$1.49 (Mon)
 Priano marinara sauce, \$2.19 (Fri)
 12 oz Reggano farfalle, \$.95 (Fri)
 8 oz Stonemill minced garlic in water, \$2.29 (Sun, Mon, Tues, Weds, Fri)

Meat

4.75 lbs chicken drumsticks, \$4.70 (Sun, Tues)
 1.5 lbs boneless skinless chicken breast, \$5.69 (Thurs)
 1.25 lbs boneless center cut pork chops, \$4.99 (Weds)

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Produce

4 ct corn on the cob container, \$3.29 (Tues)
2 mangoes, \$1.38 (Sun)
2 packs 8 oz white sliced mushrooms, \$1.98 (Mon, Fri)
8 oz white mushrooms, \$1.69 (Thurs)
2 lbs carrots, \$1.89 (Sun, Mon, Thurs)
2 packs 8 oz spinach, \$2.98 (Mon, Fri)
2 seedless cucumbers, \$1.78 (Mon)
16 oz asparagus, \$2.49 (Sun)
16 oz green beans, \$1.79 (Thurs)
Bag of garden salad, \$1.79 (Fri)
3 lbs yellow onions, \$2.29 (Sun, Mon, Tues, Weds, Fri)
2 lbs zucchini, \$2.58 (Tues, Weds)
10 oz grape tomatoes, \$1.99 (Tues)
3 pack multi-colored bell peppers, \$2.69 (Weds, Fri)
1 avocado, \$.59 (Fri)

Total: \$70.43

***** 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, flour, butter, balsamic vinegar, honey, Dijon mustard, seasoned salt, smoked paprika, garlic powder, black pepper, basil, oregano, Italian seasoning, thyme, everything bagel seasoning, crushed red pepper, sea salt, 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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