



ALDI Meal Plan week of 3/20/22 – Find the recipes at MashupMom.com	
Sunday	Slow cooker chipotle chicken chili, tortilla chips
Monday	Strawberry spinach salad with chicken & chickpeas, grapes, tortilla chips
Tuesday	Easy cheesy beautiful pasta skillet, baguette
Wednesday	Broiled Parmesan pork chops & broccoli, pineapple
Thursday	Homemade pepperoni pizza pockets, side salad, hard boiled eggs
Friday	Black bean, tomato, & spinach frittata, Instant pot potatoes
Saturday	Leftovers, family pizza night, or order in!

Shopping list (through 3/19):

Dairy & refrigerated

Dozen Golden large eggs, \$1.49 (Weds, Fri)
 15 oz Emporium Selection whole milk ricotta, \$1.69 (Tues, Fri)
 8 oz Happy Farms block mozzarella, \$1.89 (Tues, Thurs)
 8 oz Happy Farms block cheddar, \$1.89 (Fri)
 Priano shredded Parmesan, \$1.99 (Weds, Thurs, Fri)
 Bake House Creations pie crust, \$1.69 (Thurs)

Grocery

Specially Selected French baguette, \$1.89 (Tues)
 Clancy's restaurant style tortilla chips, \$1.25 (Sun, Mon)
 32 oz box Chef's Cupboard chicken broth, \$1.19 (Sun)
 12 oz Reggano farfalle, \$.99 (Tues)
 24 oz Reggano marinara sauce, \$1.29 (Tues)
 Can Happy Harvest fire roasted diced tomatoes, \$.91 (Sun)
 8 oz can Happy Harvest tomato sauce, \$.29 (Thurs)
 6 oz can Happy Harvest tomato paste, \$.49 (Thurs)
 Pueblo Lindo chipotles in adobo, \$1.29 (Sun, Fri)
 Can Dakota's Pride great northern beans, \$.69 (Sun)
 Can Dakota's Pride black beans, \$.69 (Fri)
 Can Dakota's Pride kidney beans, \$.59 (Sun)
 Can Dakota's Pride chickpeas (garbanzo beans), \$.59 (Mon)

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Can Happy Harvest whole kernel corn, \$.49 (Sun)
Tuscan Garden poppyseed dressing, \$1.69 (Mon, Weds)

Meat

3 lbs boneless skinless chicken thighs, \$5.97 (Sun, Mon)
16 oz 85% lean ground beef chub (frozen), \$4.29 (Tues)
1.5 lbs boneless center cut pork chops, \$6.29 (Weds)
Mama Cozzi sliced pepperoni, \$2.49 (Thurs)

Produce

3 lbs yellow onions, \$1.69 (Sun, Mon, Tues, Fri)
3 heads garlic, \$1.29 (Sun, Tues, Thurs, Fri)
24 oz bite sized potatoes, \$3.69 (Fri)
2 bags 8 oz spinach, \$3.38 (Mon, Weds, Fri)
Bag garden salad, \$1.09 (Weds)
16 oz broccoli crowns, \$2.29 (Weds)
1 lb strawberries, \$1.69 (Mon)
1.5 lbs green grapes, \$2.09 (Mon)
1 avocado, \$1.09 (Mon)
Pint grape tomatoes, \$1.89 (Fri)
Pineapple, \$1.69 (Weds)

Total: \$65.89

***** Staple items you'll need – AKA: Pantry seasonings & condiments used in this week's recipes, but not included in the shopping list:**

Olive oil, butter, sugar, cumin, oregano, chili powder, sea salt, salt, black pepper, bay leaf, smoked paprika, garlic salt, crushed red pepper, garlic powder, Italian seasoning, seasoned salt, parsley, everything bagel seasoning

**** Note:** *In many cases you can substitute for and/or omit some of these, depending on the recipe. Read through the recipes to see where you may need to re-stock your pantry staples.*

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