



ALDI Meal Plan week of 1/15/23 – Find the recipes at MashupMom.com	
Sunday	Sheet pan chicken thighs with green beans & potatoes
Monday	Vegetarian elote tortilla casserole, skillet red potatoes
Tuesday	Lemon garlic butter chicken & mushrooms, simple sauteed spinach
Wednesday	Easy cheesy beautiful pasta skillet, baguette
Thursday	Ground beef gyros, garlic red potatoes, cucumber
Friday	Overstuffed spinach mushroom calzones, mangoes
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

Emporium Selection whole milk ricotta, \$2.29 (Weds, Fri)
 32 oz Friendly Farms plain whole milk Greek yogurt, \$3.69 (Mon, Thurs)
 12 oz Happy Farms shredded Italian blend cheese, \$2.99 (Weds, Fri)
 8 oz block Happy Farms cheddar, \$2.09 (Mon)
 Mama Cozzi's pizza dough, \$1.39 (Fri)
 Emporium Selection shredded Parmesan, \$2.49 (Thurs, Fri)

Frozen

Season's Choice elote style corn, \$2.29 (Mon)

Grocery

L'Oven Fresh pita bread, \$2.99 (Thurs)
 Specially Selected French baguette, \$1.69 (Weds)
 Specially Selected salsa verde, \$3.29 (Mon)
 El Milagro flour tortillas, \$1.16 (Mon)
 2 jars of 24 oz Reggano marinara, \$3.98 (Weds, Fri)
 12 oz Reggano farfalle, \$.92 (Weds)
 Can of Dakota's Pride black beans, \$.71 (Mon)

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Meat

5 lb family pack bone-in chicken thighs, \$8.95 (Sun, Tues)
2 lbs 80% lean ground beef, \$7.58 (Weds, Thurs)

Produce

2 lbs lemons, \$2.89 (Sun, Tues, Thurs)
2 mangoes, \$1.38 (Fri)
3 packs 8 oz spinach, \$3.87 (Mon, Tues, Fri)
16 oz green beans, \$1.79 (Sun)
1 cucumber, \$.69 (Thurs)
2 packs 8 oz white mushrooms, \$3.58 (Tues, Fri)
3 lbs yellow onions, \$1.79 (Mon, Weds, Thurs, Fri)
3 heads garlic, \$1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)
5 lbs red potatoes, \$3.99 (Sun, Mon, Thurs)
4 Roma tomatoes, \$1.00 (Thurs)

Total: \$70.77

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

*** Olive oil, flour, canola oil, butter, seasoned salt, sea salt, Italian seasoning, rosemary, black pepper, garlic powder, onion powder, parsley, paprika, crushed red pepper, oregano, salt, Kosher salt*

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

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