



ALDI Meal Plan week of 2/26/23 – Find the recipes at MashupMom.com	
Sunday	Rosemary chicken & white bean soup, toasted sourdough
Monday	Sheet pan balsamic chicken drumsticks with carrots & asparagus, leftover soup
Tuesday	Easy cheesy beautiful pasta skillet, garlic bread
Wednesday	Keema inspired ground beef quesadillas, avocado, buttered carrots & peas
Thursday	Easy beef, tomato, & spinach tortellini, everything bagel zucchini w/ Parmesan
Friday	Arrabbiata white bean & vegetable soup, salad
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

Emporium Selection 15 oz ricotta, \$2.49 (Tues)
 Emporium Selection shredded Parmesan, \$2.49 (Thurs, Fri)
 16 oz shredded Happy Farms mozzarella, \$3.99 (Tues, Weds, Fri)
 9 oz Priano three cheese tortellini, \$2.99 (Thurs)

Frozen

2 bags 12 oz Season's Choice sweet peas, \$1.78 (Weds)

Grocery

Specially Selected sliced sourdough round, \$4.29 (Sun, Tues)
 32 oz box Simply Nature organic vegetable broth, \$1.89 (Fri)
 32 oz box Chef's Cupboard chicken broth, \$1.29 (Sun)
 12 oz box Reggano farfalle (bowtie pasta), \$.95 (Tues)
 Reggano tomato, basil, & garlic pasta sauce, \$1.49 (Tues)
 El Milagro flour tortillas, \$1.16 (Weds)
 3 cans Dakota's Pride great northern beans, \$2.13 (Sun, Fri)
 1 can Dakota's Pride cannellini beans, \$.71 (Sun)
 1 can Happy Harvest cut green beans, \$.59 (Fri)
 1 can Happy Harvest whole kernel corn, \$.59 (Fri)

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8 oz can Happy Harvest tomato sauce, \$.39 (Weds)
Simply Nature organic arrabbiata pasta sauce, \$1.98 (Fri)

Meat

5.25 lbs family pack chicken drumsticks, \$4.67 (Sun, Mon)
4 lb family pack Simply Nature organic grass fed ground beef, \$17.96 (Tues, Weds, Thurs)

Produce

2 lb bag of carrots, \$1.79 (Sun, Mon, Weds, Fri)
1 lb asparagus, \$1.89 (Mon)
8 oz bag of spinach, \$1.79 (Thurs, Fri)
Bag of garden salad, \$1.79 (Fri)
3 lbs yellow onions, \$1.89 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 heads garlic, \$1.59 (Sun, Mon, Tues, Weds, Thurs, Fri)
20 oz zucchini, \$1.61 (Thurs)
Celery, \$1.69 (Sun, Fri)
5 Roma tomatoes, \$1.50 (Thurs)
2 avocados, \$1.58 (Weds)

Total: \$70.95

***** 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, butter, balsamic vinegar, honey, basil, oregano, rosemary, thyme, parsley, smoked paprika, crushed red pepper, chili powder, cumin, turmeric, cinnamon, paprika, powdered ginger, cayenne, bay leaf, sea salt, Kosher salt, salt, black pepper, everything bagel seasoning

**** 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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