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| **ALDI Meal Plan week of 9/16/18 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Simple roast chicken & veggies, nectarines, strawberries |
| **Monday** | Slow cooker vegetable soup, chopped salad |
| **Tuesday** | Chicken & biscuits pot pie, grapes, strawberries |
| **Wednesday** | Chicken sausage dinner salad, baguette |
| **Thursday** | Steak bites over spinach Parmesan pasta, nectarines, grapes |
| **Friday** | Slow cooker pulled Italian chicken sandwiches, skillet potatoes + green beans |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

16 oz Bake House Creations jumbo flaky style biscuits dough, $.99 (Tues)  
Happy Farms deli sliced mozzarella, $1.99 (Fri)  
Priano shredded Parmesan, $1.99 (Weds, Thurs)

*Grocery*

L’Oven Fresh hamburger buns, $.75 (Fri)  
Specially Selected French baguette, $1.69 (Weds)  
Tuscan Garden pepperoncini or mild pepper rings, $1.49 (Weds, Fri)  
12 oz Reggano farfalle (bowtie) pasta, $.79 (Thurs)  
32 oz SimplyNature organic vegetable broth, $1.89 (Mon)  
8 oz can Happy Harvest tomato sauce, $.29 (Fri)  
14.5 oz can Happy Harvest diced tomatoes, $.69 (Fri)  
28 oz can Happy Harvest whole tomatoes, $.99 (Mon)  
1 can Happy Harvest corn, $.49 (Mon)  
1 can Dakota’s Pride Great Northern beans, $.69 (Mon)  
1 can Dakota’s Pride chickpeas (garbanzo beans), $.69 (Weds)

*Meat*

5 lb whole chicken, $4.75 (Sun, Tues)  
2.5 lbs boneless skinless chicken thighs, $4.23 (Fri)  
1 lb sirloin steak, $5.99 (Thurs)  
12 oz SimplyNature chicken apple sausage, $2.99 (Weds)

*Produce*

Two 8 oz bags of spinach, $2.38 (Mon, Thurs)  
3 hearts romaine, $1.99 (Mon, Weds)  
2 lbs carrots, $1.09 (Sun, Mon)  
8 oz mushrooms, $1.69 (Sun)  
1 cucumber, $.59 (Weds)  
2 lbs green grapes, $1.78 (Tues, Thurs)  
2 16 oz strawberries, $2.98 (Sun, Tues)  
2 lb nectarines, $2.18 (Sun, Thurs)  
3 heads garlic, $1.69 (Sun, Mon, Tues, Thurs, Fri)  
5 lbs red potatoes, $2.99 (Sun, Mon, Fri)  
3 lbs yellow onions, $1.99 (Sun, Mon, Weds)  
1 lb green beans, $1.69 (Mon, Fri)  
Celery, $1.29 (Mon)  
6 Roma tomatoes, $.99 (Mon, Weds)  
1 avocado, $1.19 (Weds)

**Total: $59.89**

*Note: The days(s) on the shopping list show which meal(s) an item will be used in – If you’re skipping a night; easily delete the items you don’t need to purchase.*