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| **ALDI Meal Plan week of 9/23/18 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Apples & honey baked BBQ ribs, side spring mix salad |
| **Monday** | Vegetarian lemon chickpea wraps, carrots, apples |
| **Tuesday** | Comforting kielbasa potato soup, baguette |
| **Wednesday** | Simple summer salad w/ chicken & blueberries, leftover soup, cantaloupe |
| **Thursday** | Ground beef stroganoff over baked potatoes, blueberries, tomatoes |
| **Friday** | Sweet & savory stuffed acorn squash dinner, salad |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

Friendly Farms sour cream, $1.49 (Tues, Thurs)  
12 oz Happy Farms shredded sharp cheddar, $1.99 (Tues, Weds, Fri)

*Grocery*

Southern Grove sunflower kernels, $1.59 (Sun, Weds, Fri)  
Southern Grove dried cranberries, $1.29 (Sun, Fri)  
L’Oven Fresh spinach wraps, $2.29 (Mon)  
Specially Selected French baguette, $1.69 (Tues)  
Bottle Burman’s BBQ sauce, $.99 (Sun)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Tues)  
Can Chef’s Cupboard beef broth, $.49 (Thurs)  
2 cans Dakota’s Pride chickpeas (garbanzo beans), $1.38 (Mon)  
Stonemill minced garlic in water, $1.79 (Sun, Mon, Tues, Thurs, Fri)

*Meat*

14 oz Parkview Polska kielbasa, $2.29 (Tues)  
3 lbs St. Louis pork spare ribs, $5.97 (Sun)  
1 lb boneless skinless chicken breast, $2.29 (Weds)  
2 lbs 80/20 ground beef, $5.58 (Thurs, Fri)

*Produce*

2 lbs lemons, $3.19 (Sun, Mon, Weds)  
3 lb Gala apples, $2.89 (Sun, Mon, Fri)  
Cantaloupe, $1.49 (Weds)  
16 oz SimplyNature organic spring mix, $3.99 (Sun, Mon, Weds, Fri)  
8 oz bag spinach, $1.19 (Tues)  
2 lbs carrots, $.99 (Mon, Tues, Fri)  
8 oz sliced white mushrooms, $.99 (Thurs)  
Bunch green onions, $.89 (Weds, Fri)  
Pint blueberries, $2.49 (Weds, Thurs)  
3 lbs yellow onions, $1.99 (Sun, Mon, Tues, Thurs  
5 lb baking potatoes, $2.49 (Tues, Thurs)  
2 medium acorn squash, $1.50 (Fri)  
Pint grape tomatoes, $1.99 (Mon, Thurs)  
2 avocados, $2.18 (Mon, Weds)

**Total: $60.67**

*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.*