

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 10/14/18 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Slow cooker salsa chicken, oranges, chips |
| **Monday** | Sheet pan chicken + harvest vegetable dinner salad, grapes |
| **Tuesday** | Loaded baked chicken nachos, oranges |
| **Wednesday** | The chicken and the egg soup, salad, apples |
| **Thursday** | Spinach mushroom muffin tin mini frittatas, potatoes, cantaloupe |
| **Friday** | Roasted vegetable tortellini bake, baguette |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 10/13)**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.00 (Weds, Thurs)  
Friendly Farms sour cream, $.99 (Sun, Tues)  
12 oz Happy Farms shredded sharp cheddar, $2.59 (Sun, Tues, Thurs)  
9 oz Priano refrigerated three cheese tortellini, $1.99 (Fri)  
Priano shredded Parmesan, $1.99 (Thurs, Fri)  
8 oz block Happy Farms mozzarella, $1.99 (Fri)

*Grocery*

Specially Selected French baguette, $1.69 (Fri)  
32 oz box Chef’s Cupboard chicken broth, $1.29 (Weds)  
Can Chef’s Cupboard chicken broth, $.49 (Fri)  
16 oz Specially Selected salsa of choice, $1.99 (Sun)  
Clancy’s restaurant style tortilla chips, $1.49 (Sun, Tues)  
Packet of Casa Mamita taco seasoning, $.29 (Sun)  
Can Casa Mamita refried beans, $.79 (Tues)  
El Milagro flour tortillas, $.95 (Sun)  
Happy Harvest canned corn, $.49 (Tues)  
Can of Dakota’s Pride chickpeas (garbanzo beans), $.69 (Mon)  
Can of Dakota’s Pride black beans, $.69 (Tues)

*Meat*

4.5 lbs boneless skinless chicken breast, $7.61 (Sun, Mon, Tues, Weds)

*Produce*

3 lbs Gala apples, $1.59 (Mon, Weds)  
3 lbs navel oranges, $2.19 (Sun, Tues)  
1 lb red grapes, $.99 (Mon)  
Cantaloupe, $1.79 (Thurs)  
3 hearts of romaine, $1.99 (Mon, Weds)  
Two 8 oz bags spinach, $2.38 (Weds, Thurs, Fri)  
16 oz broccoli crowns, $1.69 (Mon, Fri)  
Three packs 8 oz mushrooms, $4.47 (Mon, Weds, Thurs)  
Bunch green onions, $.99 (Tues, Weds)  
3 lbs yellow onions, $1.99 (Sun, Mon, Thurs, Fri)  
3 heads garlic, $1.49 (Tues, Weds, Thurs, Fri)  
24 oz bite size medley potatoes, $1.79 (Thurs)  
1 sweet potato, $.89 (Mon)  
3 pack multicolored bell peppers, $3.69 (Tues, Fri)  
2 pints grape tomatoes, $1.98 (Sun, Tues, Fri)  
2 avocados, $1.98 (Sun, Tues)

**Total: $60.90**

*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.*