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| **ALDI Meal Plan week of 9/15/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Chicken & cauliflower sheet pan dinner, naan, oranges |
| **Monday** | Roasted cauliflower, potato, & corn chowder, chopped salad |
| **Tuesday** | BBQ potato chip turkey cheeseburger bowls, grapes, potato chips |
| **Wednesday** | Sheet pan Parmesan chicken thighs + green beans, cantaloupe, tomatoes |
| **Thursday** | Slow cooker buffalo ranch chicken potato casserole, sauteed spinach |
| **Friday** | Smoked sausage + potato skillet, grapes, oranges |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 9/14)**

*Dairy & refrigerated*

Half gallon Friendly Farms whole milk, $1.19 (Mon)  
16 oz Happy Farms shredded cheddar, $3.69 (Mon, Tues, Thurs)  
Priano shredded Parmesan, $1.99 (Sun, Weds, Fri)

*Grocery*

Specially Selected naan, $3.49 (Sun)  
Tuscan Garden bacon bits, $1.29 (Mon, Tues, Thurs)  
Tuscan Garden ranch dressing, $1.49 (Tues, Thurs)  
Burman’s hot sauce, $1.99 (Thurs, Fri)  
32 oz SimplyNature organic vegetable broth, $1.89 (Mon)  
Clancy’s BBQ potato chips, $1.79 (Tues)  
Can Happy Harvest corn, $.49 (Mon)

*Meat*

14 oz Parkview Polska kielbasa, $2.29 (Fri)  
1.5 lbs boneless skinless chicken breast, $3.74 (Sun)  
3 lbs boneless skinless chicken thighs, $5.07 (Weds, Thurs)  
19.2 oz ground turkey, $3.29 (Tues)

*Produce*

2 lbs green grapes, $1.78 (Tues, Fri)  
3 lbs navel oranges, $1.99 (Sun, Fri)  
Cantaloupe, $1.39 (Weds)  
2 medium heads of cauliflower, $3.98 (Sun, Mon)  
Bunch green onions, $.99 (Sun, Mon, Thurs)  
Cucumber, $.49 (Mon, Tues)  
1 lb green beans, $1.69 (Weds)  
8 oz bag spinach, $1.39 (Thurs)  
3 hearts romaine, $2.19 (Mon, Tues)  
3 lb bag yellow onions, $2.49 (Sun, Mon, Tues, Fri)  
3 heads garlic, $1.29 (Mon, Weds, Thurs, Fri)  
5 lb bag baking potatoes, $2.69 (Mon, Thurs, Fri)  
3 pack multicolored bell peppers, $3.29 (Mon, Fri)  
24 oz tomatoes on the vine, $1.49 (Mon, Tues, Weds)

**Total: $60.83**

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