

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 10/20/19 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Paprika roasted chicken & potatoes, roasted Brussels sprouts & butternut squash |
| **Monday** | Butternut squash + kale browned butter pasta, baguette, peaches |
| **Tuesday** | Italian chicken, veggie, & pasta skillet, salad, peaches |
| **Wednesday** | Simple chicken kale mushroom stir fry over cauliflower rice, egg drop soup |
| **Thursday** | Cheesy chicken + spinach skillet, roasted zucchini & potatoes |
| **Friday** | Smoked salmon scramble, crisp sauteed red potatoes |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 10/19)**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $.98 (Weds, Fri)  
8 oz Happy Farms cream cheese, $1.29 (Thurs, Fri)  
16 oz Happy Farms shredded mozzarella, $3.49 (Tues, Thurs)  
Priano shredded Parmesan, $1.99 (Mon, Tues, Thurs)

*Frozen*

Season’s Choice riced cauliflower, $1.89 (Weds)

*Grocery*

Specially Selected French baguette, $1.49 (Mon)  
32 oz Chef’s Cupboard chicken broth, $1.39 (Weds)  
12 oz Reggano bowtie pasta (farfalle), $.79 (Mon)  
16 oz Reggano penne pasta, $.79 (Tues)  
14.5 oz can Happy Harvest fire roasted diced tomatoes, $.89 (Tues)  
8 oz can Happy Harvest tomato sauce, $.29 (Tues)

*Meat*

6 lb whole chicken, $5.70 (Sun, Tues)  
3.5 lbs boneless skinless chicken breast, $8.72 (Weds, Thurs)  
3 oz Specially Selected smoked salmon, $3.99 (Fri)

*Produce*

2 lbs peaches, $1.98 (Mon, Tues)  
4 lb butternut squash, $2.36 (Sun, Mon)  
Bunch green onions, $.89 (Weds, Fri)  
16 oz Brussels sprouts, $2.79 (Sun)  
2 packs 8 oz mushrooms, $3.78 (Tues, Weds)  
12 oz bag SimplyNature organic chopped kale, $3.19 (Mon, Weds)  
8 oz bag spinach, $1.39 (Thurs)  
Bagged salad of choice, $1.99 (Tues)  
3 lbs yellow onions, $1.99 (Sun, Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs)  
20 oz zucchini, $1.99 (Tues, Thurs)  
5 lbs red potatoes, $3.49 (Sun, Thurs, Fri)

**Total: $60.82**

*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.*