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| **ALDI Meal Plan week of 10/27/19 – Find the recipes at MashupMom.com** |
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| **Sunday** | Slow cooker beef roast with carrots, apple slices |
| **Monday** | Easy shrimp fried rice, apple slices, egg drop soup |
| **Tuesday** | Zucchini Spanish rice burrito bowls with chicken + mushrooms, grapes |
| **Wednesday** | Sheet pan smoky Parmesan chicken tenders + veggies, peas |
| **Thursday** | Thyme for a one pan chicken mushroom rice skillet, broccoli w/ cheddar, grapes |
| **Friday** | Chicken sausage + artichoke pasta, side salad w/ artichoke marinade dressing |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 10/26)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.85 (Mon, Fri)
8 oz block Happy Farms cheddar, $1.99 (Tues, Thurs)
Priano shredded Parmesan, $1.99 (Weds, Fri)

*Frozen*

12 oz Fremont Fish Market EZ peel medium raw shrimp, $4.99 (Mon)
Season’s Choice peas, $.95 (Mon, Tues)

*Grocery*

12 oz jar Tuscan Garden marinated artichokes, $2.89 (Fri)
3 lb Earthly Grains long grain white rice, $1.99 (Mon, Tues, Thurs)
Casa Mamita medium salsa, $1.89 (Tues)
32 oz box Chef’s Cupboard beef broth, $1.39 (Sun)
2 boxes 32 oz Chef’s Cupboard chicken broth, $2.78 (Mon, Tues, Thurs)
12 oz Reggano bowtie pasta (farfalle), $.79 (Fri)
2 cans Happy Harvest diced tomatoes, $1.38 (Fri)

*Meat*

2.5 lb beef bottom round roast, $7.48 (Sun)
1.5 lbs boneless skinless chicken breast, $3.74 (Tues)
3 lbs chicken tenderloins, $5.97 (Weds, Thurs)
12 oz Never Any! chicken apple sausage, $2.99 (Fri)

*Produce*

2 lbs red grapes, $1.70 (Tues, Thurs)
3 lb Gala apples, $1.29 (Sun, Mon)
Bunch of green onions, $.79 (Mon, Tues, Thurs, Fri)
2 lbs carrots, $1.39 (Sun, Mon, Weds, Fri)
8 oz baby bella mushrooms, $1.89 (Tues)
8 oz white mushrooms, $1.89 (Thurs)
16 oz broccoli crowns, $1.69 (Weds, Thurs)
Bag of garden salad, $1.19 (Fri)
3 lbs yellow onions, $1.99 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs, Fri)
16 oz zucchini, $1.19 (Tues, Weds)

**Total: $60.36**

*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.*