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| **ALDI Meal Plan week of 10/6/19 – Find the recipes at MashupMom.com** |
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| **Sunday** | Bacon-wrapped chicken, apples, roasted potatoes |
| **Monday** | White chicken chili, spring mix salad |
| **Tuesday** | Chicken, avocado, & mozzarella chopped salad, leftover chili, apples |
| **Wednesday** | Italian sausage, pepper, & potato packets, salad, grapes |
| **Thursday** | Southwest salsa turkey burgers, grapes |
| **Friday** | Mushroom, black bean, & spinach veggie burritos, blue corn tortilla chips |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 10/5)**

*Dairy & refrigerated*

Friendly Farms sour cream, $1.49 (Mon, Fri)
12 oz Happy Farms shredded cheddar, $2.89 (Mon, Thurs, Fri)
Priano 8 oz fresh mozzarella, $2.49 (Tues)

*Grocery*

L’Oven Fresh hamburger buns, $.85 (Thurs)
Specially Selected black bean & corn salsa, $1.99 (Thurs, Fri)
SimplyNature organic blue corn tortillas chips, $1.89 (Fri)
32 oz Chef’s Cupboard chicken broth, $1.39 (Mon)
Chef’s Cupboard bread crumbs, $.89 (Thurs)
El Milagro medium flour tortillas, $.95 (Fri)
3 cans Dakota’s Pride Cannellini or Great Northern beans, $2.07 (Mon)
1 can Dakota’s Pride black beans, $.69 (Fri)
2 cans Pueblo Lindo chopped green chiles, $1.30 (Mon)

*Meat*

3.75 lbs boneless skinless chicken breast, $6.34 (Sun, Mon, Tues)
19.2 oz ground turkey, $3.29 (Thurs)
Appleton Farms premium sliced bacon, $3.99 (Sun, Mon)
19 oz mild Italian sausage, $2.49 (Weds)

*Produce*

2 lbs green grapes, $1.78 (Weds, Thurs)
2 lbs honeycrisp apples, $1.99 (Sun, Tues)
5 lbs yellow potatoes, $2.19 (Sun, Weds)
Bunch green onions, $.79 (Mon, Tues,
Cucumber, $.49 (Tues)
2 packs 8 oz baby bella mushrooms, $3.78 (Fri)
16 oz SimplyNature organic spring mix, $4.19 (Mon, Tues, Weds)
8 oz bag spinach, $1.39 (Tues, Fri)
3 heads garlic, $1.29 (Mon, Weds, Fri)
3 lbs yellow onions, $1.99 (Mon, Weds, Fri)
3 pack multicolored bell peppers, $2.89 (Mon, Tues, Weds)
2 Roma tomatoes, $.40 (Tues)
2 avocados, $1.98 (Tues, Thurs)

**Total: $60.15**

*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.*