

|  |
| --- |
| **ALDI Meal Plan week of 11/3/19 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Garlic rosemary pork roast + potatoes, honeycrisp apples, salad |
| **Monday** | Parmesan roasted asparagus with fried eggs, pan fried potatoes, apples, any leftover pork roast |
| **Tuesday** | Taco naan pizza, black beans with cumin + garlic |
| **Wednesday** | Vegetable pot pie with mushrooms + potatoes, grapes |
| **Thursday** | Chicken + cauliflower sheet pan dinner, peas |
| **Friday** | Caprese quiche with chicken + spinach, carrots + celery sticks, grapes |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

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

*Dairy & refrigerated*

Dozen Goldhen eggs, $.92 (Mon, Weds, Fri)
Half gallon Friendly Farms whole milk, $1.09 (Weds, Fri)
Bake House Creations pie crust, $.99 (Weds, Fri)
8 oz block Happy Farms cheddar, $1.99 (Tues)
8 oz block Happy Farms mozzarella, $1.99 (Weds, Fri)
Priano shredded Parmesan, $1.99 (Sun, Mon, Thurs)

*Frozen*

Season’s Choice green peas, $.95 (Weds, Thurs)

*Grocery*

Specially Selected naan, $3.49 (Tues)
32 oz SimplyNature organic vegetable broth, $1.89 (Tues, Weds)
2 cans Dakota’s Pride black beans, $1.38 (Tues)
Casa Mamita refried beans, $.85 (Tues)
Casa Mamita taco seasoning packet, $.29 (Tues)

*Meat*

2.5 lb boneless pork sirloin roast, $3.73 (Sun)
1 lb 80/20 ground beef, $3.29 (Tues)
2 lbs boneless skinless chicken breast, $4.98 (Thurs, Fri)

*Produce*

2 lbs Honeycrisp apples, $2.29 (Sun, Mon)
2 lbs green grapes, $1.98 (Weds, Fri)
Bunch green onions, $.89 (Sun, Tues)
2 lbs carrots, $1.29 (Sun, Weds, Fri)
1 lb asparagus, $2.49 (Mon)
Bag of garden salad, $1.19 (Sun)
5 oz SimplyNature organic baby spinach, $2.69 (Fri)
8 oz baby bella mushrooms, $1.89 (Sun)
2 packs 8 oz white mushrooms, $3.38 (Weds)
1 medium head of cauliflower, $2.49 (Thurs)
3 lbs yellow onions, $1.99 (Sun, Tues, Weds, Thurs, Fri)
3 heads garlic, $1.29 (Sun, Tues, Weds, Fri)
5 lb baking potatoes, $2.49 (Sun, Mon, Weds)
Celery, $1.39 (Weds, Fri)
2 avocados, $1.38 (Tues)
Pint grape tomatoes, $1.89 (Fri)

**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.*