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| **ALDI Meal Plan week of 10/4 – Find the recipes at MashupMom.com** |
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| **Sunday** | Skillet pork chops with apples & onions, Caesar salad, pineapple |
| **Monday** | Slow cooker very vegetable soup, sourdough toast, grapes, tomatoes |
| **Tuesday** | Sheet pan Parmesan chicken thighs & green beans, oven roasted potatoes |
| **Wednesday** | Caprese chicken + zucchini skillet, leftover vegetable soup, grapes |
| **Thursday** | Paprika roasted chicken & potatoes, carrots need butter & thyme |
| **Friday** | Easy leftover chicken soup, apples, sourdough toast |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 10/3):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Tues, Weds)
Emporium Selection fresh 8 oz mozzarella ball, $2.49 (Weds)
Countryside Creamery butter quarters, $2.99 (Sun, Mon, Thurs, Fri)

*Grocery*

Specially Selected sliced sourdough round, $2.99 (Mon, Fri)
32 oz box Simply Nature organic vegetable broth, $1.89 (Mon)
32 oz box Simply Nature organic chicken broth, $1.89 (Fri)
Can Happy Harvest cut green beans, $.49 (Mon)
Can Happy Harvest corn, $.49 (Mon)
28 oz can Happy Harvest crushed tomatoes, $.89 (Mon)
Can Dakota’s Pride Cannellini beans, $.49 (Mon)
Carlini extra virgin olive oil 16.9 oz, $2.99 (Sun, Tues, Weds, Thurs, Fri)
Stonemill 8 oz minced garlic in water, $1.89 (Mon, Tues, Weds, Fri)

*Meat*

2.5 lbs assorted bone-in pork chops, $4.48 (Sun)
2.75 lbs boneless skinless chicken thighs, $4.65 (Tues, Weds)
6 lb whole chicken, $5.70 (Thurs, Fri)

*Produce*

2 lbs honeycrisp apples, $1.89 (Sun, Fri)
2 lbs green grapes, $1.98 (Mon, Weds)
Pineapple, $1.49 (Sun)
2 lbs carrots, $1.29 (Mon, Fri)
16 oz baby carrots, $.95 (Thurs)
8 oz spinach, $1.35 (Mon)
Little Salad Bar Caesar salad kit, $2.35 (Sun)
16 oz green beans, $1.69 (Tues)
3 lbs yellow onions, $1.89 (Sun, Mon, Weds, Thurs, Fri)
5 lbs yellow potatoes, $1.99 (Mon, Tues, Thurs)
Celery, $1.29 (Mon, Fri)
16 oz zucchini, $1.49 (Weds)
7 Roma tomatoes, $1.75 (Weds)
Pint grape tomatoes, $1.49 (Sun, Mon)

**Total: $50.20**

***Staple items you’ll need – AKA: Pantry spices & condiments used in this week’s recipes.*** *\*NOTE: THIS WEEK’s shopping list includes butter, minced garlic, & olive oil; restock with some wiggle room in the budget! 😊*

*\*Olive oil, \*butter, \*minced garlic, cinnamon, chili powder, sea salt, seasoned salt, Kosher salt, black pepper, thyme, Italian seasoning, crushed red pepper, cayenne, bay leaf, tarragon, garlic powder, basil, oregano, red wine vinegar, balsamic vinegar, brown sugar, Dijon or coarse ground mustard, smoked paprika, parsley, turmeric*

*Note: In many cases you can substitute for and/or omit some of these, depending on the recipe. Read through the recipes to see where you may need to re-stock your pantry staples.*