

|  |
| --- |
| **ALDI Meal Plan week of 9/27 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Sheet pan Parmesan drumsticks w/ carrots & potatoes, roasted Brussels sprouts & butternut squash |
| **Monday** | Butternut squash & kale browned butter pasta, baguette, steamed broccoli w/ cheddar |
| **Tuesday** | Keema inspired ground beef quesadillas, peas, mandarins |
| **Wednesday** | Simple ground beef stew, apples, salad |
| **Thursday** | Easy chili over baked potatoes, mandarins |
| **Friday** | Kale sausage soup, apples, salad |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 9/26):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Sun, Mon)
Happy Farms 8 oz block mozzarella, $1.65 (Tues)
Happy Farms 8 oz block cheddar, $1.65 (Mon, Thurs)

*Frozen*

16 oz Season’s Choice frozen peas, $.99 (Tues)

*Grocery*

Specially Selected French baguette, $1.19 (Mon)
32 oz Chef’s Cupboard beef broth, $1.29 (Weds)
32 oz Chef’s Cupboard chicken broth, $1.29 (Fri)
12 oz Reggano farfalle, $.99 (Mon)
Can Happy Harvest green beans, $.49 (Weds)
8 oz Happy Harvest tomato sauce, $.29 (Tues)
6 oz can Happy Harvest tomato paste, $.39 (Thurs)

3 cans of Happy Harvest fire roasted diced tomatoes, $2.67 (Weds, Thurs, Fri)
Can of Simply Nature organic black beans, $.89 (Thurs)
Can of Simply Nature organic kidney beans, $.89 (Thurs)
Can of Dakota’s Pride Great Northern beans, $.59 (Fri)
12 ct El Milagro flour tortillas, $.98 (Tues)

*Meat*

Parkview Polska kielbasa, $2.35 (Fri)
2.5 lbs chicken drumsticks, $3.23 (Sun)
5 lbs 73% ground beef, $7.95 (Tues, Weds, Thurs)

*Produce*

3 lb butternut squash, $2.07 (Sun, Mon)
3 lbs Gala apples, $1.49 (Weds, Fri)
3 lbs mandarins, $2.69 (Tues, Thurs)
1 lb Brussels sprouts, $2.89 (Sun)
2 lbs carrots, $1.29 (Sun, Weds, Fri)
12 oz Simply Nature organic chopped kale, $2.99 (Mon, Fri)
3 hearts of romaine, $2.29 (Weds, Fri)
Cucumber, $.59 (Weds, Fri)
8 oz mushrooms, $1.89 (Weds)
16 oz broccoli crowns, $1.49 (Mon)
3 heads garlic, $1.19 (Mon, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $1.89 (Mon, Tues, Weds, Thurs, Fri)
5 lbs baking potatoes, $3.49 (Sun, Weds, Thurs)
Pint grape tomatoes, $1.89 (Weds, Fri)

**Total: $50.90**

***Staple items you’ll need – AKA: Pantry spices & condiments used in this week’s recipes.***

*Olive oil, butter, parsley, basil, oregano, paprika, powdered garlic, crushed red pepper, sea salt, Kosher salt, seasoned salt, black pepper, thyme, sage, chili powder, cumin, turmeric, cinnamon, ginger, cayenne, red wine vinegar, thyme, smoked paprika, cocoa powder, flour*

*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.*