

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 10/11 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Squash-age harvest vegetable stew, baguette |
| **Monday** | Chipotle quesadillas with pan-roasted veggies & black beans, tortilla chips, grapes |
| **Tuesday** | Easy chipotle taco soup, tortilla chips, grapes |
| **Wednesday** | Sweet & savory stuffed acorn squash dinner, glazed carrots |
| **Thursday** | Roasted broccoli pasta with chicken & mushrooms, salad |
| **Friday** | Chicken & cauliflower sheet pan dinner, apples |
| **Saturday** | Leftovers – pizza night – or carryout |

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

*Dairy & refrigerated*

12 oz Happy Farms shredded Mexican style cheese, $2.55 (Mon, Weds)  
Priano shredded Parmesan, $1.99 (Thurs, Fri)

*Grocery*

Southern Grove dried cranberries, $1.69 (Weds, Thurs)  
Specially Selected French baguette, $1.19 (Sun)  
Clancy’s restaurant style tortilla chips, $1.69 (Mon, Tues)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Sun)  
32 oz Chef’s Cupboard beef broth, $1.19 (Tues)  
12 oz Reggano rotini, $.99 (Thurs)  
El Milagro flour tortillas, $.98 (Mon)  
Can Dakota’s Pride garbanzo beans (chickpeas), $.49 (Sun)  
2 cans Dakota’s Pride black beans, $.96 (Mon, Tues)  
Can Happy Harvest green beans, $.49 (Sun)  
2 cans Happy Harvest corn, $.98 (Mon, Tues)  
6 oz Happy Harvest tomato paste, $.39 (Sun)  
8 oz Happy Harvest tomato sauce, $.29 (Tues)  
Happy Harvest fire roasted diced tomatoes, $.89 (Thurs)  
Pueblo Lindo chipotles in adobo, $.99 (Mon, Tues)  
Casa Mamita diced tomatoes with green chilies, $.69 (Tues)

*Meat*

Parkview Polska kielbasa, $2.39 (Sun)  
2 lbs 80/20 ground beef, $4.98 (Tues, Weds)  
2.75 lbs chicken tenderloin, $5.47 (Thurs, Fri)

*Produce*

3 lbs Gala apples, $1.49 (Weds, Fri)  
2 lbs red grapes, $1.70 (Mon, Tues)  
2 lbs carrots, $1.35 (Sun, Weds)  
8 oz baby bella mushrooms, $1.99 (Sun)  
8 oz mushrooms, $1.89 (Thurs)  
16 oz broccoli crowns, $1.49 (Thurs)  
Head of cauliflower, $2.49 (Fri)  
8 oz fresh spinach, $1.35 (Sun)  
Garden Salad, $1.19 (Thurs)  
3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs)  
3 medium acorn squash, $6.60 (Sun, Weds)  
3 pack multi-colored bell peppers, $2.79 (Mon, Tues, Thurs)

**Total: $59.98**

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

*Olive oil, butter, brown sugar, smoked paprika, Italian seasoning, cinnamon, cayenne, sea salt, salt, black pepper, chili powder, cumin, oregano, nutmeg, parsley, crushed red pepper, garlic powder, seasoned salt*

*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.*